Home Health Club

Volym II

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HOME HEALTH CLUB

VOLUME II

Practical Work : : Dynamic Magnetism

THE SECOND OF A SERIES OF VOLUMES ON THE POPULAR HOME STUDY OF HEALTH

By DAVID H. REEDER, Ph. D., M. D., D. O.

Founder of the Home Health Club, Editor of the Health Department of The Inter Ocean and Many Other Daily, Weekly and Monthly Publications, Lecturer on Dietetics and Hygiene

ILLUSTRATED

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Preface to First Edition

Because it is customary, and not because I deem it necessary, I will write a preface to this book. Nearly all who will read what follows are sufficiently familiar with my work to know that it is thus given to the world because it is wanted; therefore, I have no apology to make for it.

I have no doubt there may be many things that could be improved upon, and some errors may creep in. I will only explain that the work was not only written during the hours that could be spared from my regular work of writing the weekly lectures for The Inter Ocean, but there were also five monthly magazines to be supplied with a contribution for each issue, so that the lectures were reaching about 200,000 people. The correspondence naturally coming to me from these people had to be attended to, while at the same time I have been the active manager of the Home Health Club Sanatorium and Hospital, attending personally to the purchase of all supplies from garret to cellar and from kitchen to operating room, personally giving the Mechano-Therapeutic treatments, assisting in all surgical cases, and actively in charge of the nurses and Nurses' Training School, and, since purchasing it, superintending the Home Health Club fruit and truck farm, and all other such matters usually requiring the watchful eye of one in authority.

Many have, at various times, asked me how I managed to get it all done and not appear to be overworked or break down. I have been nobly and ably assisted by my sister, Miss Laura D. Reeder, and by my secretary and amanuensis, Mr. Charles Loyl Simonds, and God in his infinite mercy always cared and always will care for me if I just follow the laws of nature and don't worry about the result. It is worry and not work that causes people to break down and become old before their time, and as I finish this on Thanksgiving day, November 29th, A. D. 1900, my heart is full to overflowing with thanksgiving and praise for the boundless blessings I have received since this work of service to my fellows was begun. My prayer is that you, dear reader, may be equally blessed.

THE AUTHOR.

Preface to Second Edition

Many changes have taken place in the world's history as well as in the history of the Home Health Club, since the first edition of this book was published, six short years ago; at that time it seemed wonderful that 200,000 families should regularly receive the Home Health Club lectures, but that seems small to us now. The number of families that have regularly been receiving the lectures for the past year or more will exceed 2,000,000 or ten times as many as before.

The Club membership also can be multiplied by more than ten and still not reach the present active membership.

In the first edition of this book part two was devoted to anatomy and physiology. I find, however, that the study of the physical body from a technical standpoint is not very attractive, while the study of psychological subjects is of interest to both the young and the old. I have, therefore, left out the matter pertaining to anatomy and physiology and have substituted for it the greatest course of instruction which I have yet produced, Dynamic Magnetism, and I sincerely hope that my efforts to aid humanity through this work may in the future be blest in the same progressive manner that they have in the past. You, dear reader of this book, should become a co-worker with me and seek to help someone else as I have sought to help you.

God will bless you as He has always blest me.

DAVID H. REEDER.

Preface to Third Edition

THIS EDITION DOES NOT NEED A PREFACE BUT THE PEOPLE WANT THE BOOK

DAVID H. REEDER.

PART ONE

CHAPTER I

THE VARIOUS PATHIES

There is probably no field of investigation that has been so diligently plowed and harrowed, searched and researched, as that of the healing art; no set of men—workers, investigators, or practitioners—have received more commendation or more merited and unmerited attacks than those who make this art a profession. There is probably no science, so-called, in which there is more guesswork, and none in which the love of humanity is more closely bound to the desire for preferment and personal gain; no profession to which the honor and confidence of its patrons are more freely intrusted, and none in which they are less often betrayed.

I will not except even the clergy in any of the above broad and sweeping statements, for a kind and loving physician is at once a father-confessor, counselor, and friend, to whom is intrusted not only the honor but the very life of his patient. I might make one more statement in which all fellow physicians will heartily concur. There is no financial obligation more freely incurred, and none more reluctantly paid, after health is regained. One poorly paid doctor, of poetic tendencies, expressed himself thus:

> "God and the doctor we alike adore
> When on the brink of danger, not before;
> The danger past, both are alike requited;
> God is forgotten and the doctor slighted."

Nevertheless, he keeps steadily on, ever seeking a newer and better method of relieving distress, and making the result of his

labor more certain—seeking for something upon which he can rely with certainty.

Thousands have sacrificed their lives in the vain endeavor to secure the elixir vitae and give it to all mankind. The great Teacher and Healer said to his disciples: "Greater love hath no man than this, that a man lay down his life for his friends," and while it must be admitted that love is not always the incentive, yet the actions and the facts remain.

It is truly a curious thing, but there are many people in the world called pessimists who never see the good things. This is on the whole a very good world to live in. Everywhere the good predominates; evil is noticed and commented upon because it is not common. If murders, thefts, riots, lewdness, indecency, and accidents were as common as goodness, kindness, and acts of self sacrifice, there would be no comment or excitement caused by them.

The Home Health Club educational system is only one of the thousands of factors that are at work educating, refining, and lifting humanity ever upward and onward toward that perfection of physical and mental state which has been attained by many and may be attained by all who will earnestly strive not only to better their own condition, but will also seek to benefit their fellows and posterity by service and sacrifice.

The greatest happiness to be gained in this world is that which comes from the consciousness of service rendered to others, and the only ambition worth striving for is to be of benefit to humanity.

MECHANO-THERAPY

There are few, indeed, who can fully realize the weight of responsibility which rests upon the individual who voluntarily accepts the position of doctor or teacher to the people in general, writes out his ideas, describes symptoms, and points out methods of cure.

At this time, when the work of preparing this book for publication is yet but in the thought-world, no human being can tell whether or not the ideas I shall give will prove of lasting benefit, or be buried in obscurity as many millions of books have been buried. I believe, however, that this latter result is not to be its fate, for already many hundreds of copies have been sold in advance of its publication, and those who have read and been benefited by the instructions I have heretofore given appear confident that in Mechano-Therapy

they are to receive instructions such as have never before been published.

Personally, I know that the methods of treatment herein given have been the most successful of any that have yet come under my observation, and as I have, perhaps, had as wide a range of experience as any, I can speak with some degree of authority. I have used Mechano-Therapy in the Home Health Club Sanatorium and Hospital at Laporte, Ind., ever since the institution was opened to the public, and with such uniform success that the capacity of the buildings have been taxed to the utmost, and during the first year it was found necessary to secure additional space, and even now, in the present commodious quarters, it is sometimes necessary and always wise to arrange in advance for rooms.

There are many schools of medicine, and each one, as a rule, loudly proclaims all others to be composed of quacks and charlatans, and they all emphatically unite in denouncing any one who gives expression to radically different views. But I have learned by experience that the people care not one penny by what title or name a method of treatment may be called, if it relieves their suffering.

I do not claim to have made any startling discoveries in the field of therapeutics, but I do claim to have extracted a great majority of the best known methods of curing disease from the many "pathies," and so united, combined, and harmonized them as to make a complete system of practice which any person of ordinary education can master and employ with safety.

The average college-educated physician has, during the first ten years of actual practice, spent many an anxious hour wondering whether the dose of medicine he last administered is going to cure or kill the helpless sufferer who turned to him in the hour of pain and swallowed the potion with such implicit confidence.

No such thoughts can ever come to the practitioner of Mechano-Therapy. Immediate and favorable results almost invariably follow the intelligent application of the treatment, and the gratitude of the patient and family is no less prized than is the consciousness of a duty well done.

There are people who prefer to patronize those methods of cure which require the least present financial outlay, never considering the enormous amounts they may have to spend in the future in trying to recover from the evil effects of maltreatment. They also prefer swallowing a few doses of medicine—it is so little bother—to observing the natural laws of health, or taking the time and

trouble to receive a practical application of Mechano-Therapeutic treatment. Such people sometimes learn by experience that it is much cheaper, in the long run, either to go to one who is skilled in natural healing and pay enough to warrant careful and complete treatment or else to study out and apply those laws themselves.

The instructions that are given in this book are not hard to master. Everything is made plain, practical.

The description of diseases common to all parts of the country is so exact that there need be no mistake made in the diagnosis, and the various means of cure are so plainly described that any one of ordinary intelligence may be intrusted with their application.

Mechano-Therapy is intended to cover and reach only mechanical, or external, means of cure, and is in no sense a practice of medicine, surgery, or obstetrics, but in some cases other well-known and tried remedies are given by physicians who are associates of the Home Health Club Sanatorium and Hospital. The system of treatment recently inaugurated, and known as osteopathy, is used, as well as massage, Swedish movements, physical culture, hydrotherapy or water cure, radiant heat, electric light and sunshine, hot air, steam and electricity, as well as some practical instructions in many other simple, yet effective, methods of cure.

The one essential element in the treatment and cure of disease is, FIRST FIND THE CAUSE. This has always been my motto, and my experience has been that unless the cause is first found and removed, a permanent cure can seldom be effected, but when I find the cause and remove it, the cure naturally follows.

REGULAR

By Franklin T. Wilcox, A. M., M. D.

This is the newest school of medicine in existence, being the outgrowth of the old allopathic system of therapeutics, which dates from the time of Aesculapius, the Father of Medicine. The word "allopathy," when disintegrated and considered according to its derivation, is found to mean another (Gr. allos) disease (pathos), and the symbol of its practitioners was "Contraria contrarius curantur." The regulars do not restrict themselves to the principles of the allopaths, however, because they believe that, for a sole foundation, they are too narrow.

The regulars do not adhere to any one distinctive, exclusive

principle upon which to base their treatment of disease and pain; they do not restrict their possibilities by any particular, limited system of therapeutics, but hold that the most plausible method of combating abnormal physical conditions is by the application to each individual case of such remedial agents as are indicated, and these are to be selected not from the materia medica of any particular school, but from a scientific classification of existing knowledge of medical subjects, irrespective of the source from which it is acquired.

HOMEOPATHY

By H. H. Martin, M. D.

The modern English and Latin meaning of this word is: A system of therapeutics founded upon the law that "like cures like" —that is, a drug is capable of removing morbid conditions naturally existing which are similar to those it is capable of producing in health.

This system was first mentioned long before the Christian era by Hippocrates, but, owing to the lack of knowledge of what drugs were capable of producing, and the fact that Hippocrates made no effort to increase his knowledge in that direction, the application of this law fell into disuse. Paracelsus also had a glimpse of this truth and, it is believed, practiced it so far as the imperfect state of materia medica of his time allowed.

In 1738 Stahl expressed himself as follows: "The received method of medicine which treats disease by opposite remedies—that is to say, by medicines which are opposed to the effects they produce (contraria contrarius curantur) is completely false and absurd. I am convinced, on the contrary, that diseases are subdued by agents which produce a similar affection (similia similibus curantur)—burns by the heat of a fire to which the parts are exposed, the frostbite by snow or ice-cold water, and inflammations and contusions by spirituous applications. It is by these means that I have succeeded in curing the disposition to acidity of the stomach by using very small doses of sulphuric acid in cases where a multitude of absorbing powders had been used to no purpose."

It was rediscovered by Hahnemann in 1796, and announced in Hufeland's Journal in a paper by him entitled "An Attempt to Find a New Principle for the Discovery of the Healing Power of Medicine."

Hahnemann collected and arranged all that was known of the positive effects of drugs upon the healthy system and also made extensive investigation into the properties of new drugs, by experimenting with them upon himself, his family, and his friends. Thus a new materia medica, adapted to the requirements of homeopathy, arose and developed, from year to year, as new observations of the positive effects of drugs upon healthy human beings were added. Since that time many physicians, singly and collectively, have prosecuted the all-important work of proving drugs. A collection of these results constitutes a materia medica, which is homeopathic because it is used exclusively for homeopathic therapeutics. It is not expected to contain any theories of drug action, nor to be used for the purpose of producing similar effects in the sick, but only to remove effects or symptoms from them. Hahnemann discovered, proved, and applied as many as ninety-six remedies. This number has been steadily increased by his followers, and now as many as 900 remedies are booked. The great majority of our information regarding these is, however, of the most nebulous character, and in some cases it is even doubtful.

The successful application of homeopathic therapeutics depends, first, upon the knowledge of the effects of drugs upon healthy people, and, second, upon a careful comparison of such effects with those observed in patients. When the correspondence is complete, or essentially so, the indicated drug will remove the symptoms of the disease. As a natural consequence of the homeopathic administration of drugs to produce a cure it was found necessary greatly to reduce the size of the dose given, and it has been found by those who practice this system of medicine that minute quantities of drugs are capable of obliterating symptoms of disease in a patient. It is also noted that diseased organs are much more sensitive to the action of those drugs which act directly upon them than are healthy ones, and the amount of a homeopathic remedy sufficient to supplant the disease is much less than that necessary to produce a similar disease in a corresponding organ which is in a healthy state. It is necessary to avoid producing new effects of the drug in the sick, or adding to the violence of the existing symptoms of a disease.

OSTEOPATHY

By S. M. Ellis, M. D.

This word is from osteo, bone, and pathos, suffering, and was adopted in the first stages of the development of the science which it represents, but which, to some extent, has outgrown the name. The idea, however, is not that the bone itself is, of necessity, diseased, but that disease is frequently caused by a slight displacement of some bone, causing obstruction of the circulation or irritation to some nerve. "Perfect circulation, perfect health," is a motto frequently used, referring not only to the circulation of the blood, but also to that of the nerve force and other fluids of the body, the entire aim of the osteopath being to secure an uninterrupted circulation.

Therefore, the simplest explanation of osteopathy is: Normal treatment of disease, based upon the idea that man is a most perfect and intricate, and, to a certain extent, self-recuperating machine, which, with every part or organ in its proper position and relation to every other part, will run smoothly and perfectly, and that after adjustment of parts misplaced by accident or any of the various forces incident to its surroundings and movements, a restoration to health results.

Compared with the human body, a threshing machine, a sewing machine, a watch, or even the complicated printing press, is a simple device. Think of the mechanism of your own body, consider that there are over two hundred bones or braces, and over five hundred muscles or pulleys, belts, and cords, all the electric wires or nerves running throughout the entire system; the rivers, streams, etc., carrying freight to and from the different parts, tearing down, rebuilding, and doing thousands of things never dreamed of by even the wisest philosopher, and you are able to form some idea of what a very complicated machine the body must be, and readily see that it cannot be placed in working order by pouring into it even the best-regulated dose of medicine that can be compounded. Thus the osteopath is justified in claiming that the parts must be adjusted to one another; that some of the wires are crossed, a stream is obstructed, or one of the braces is out of its natural position, when disagreeable sensations manifest themselves.

ECLECTIC

The eclectic school of medicine, as commonly understood, is that system which believes in direct medication, claiming that the use of certain specifics causes the direct overthrow of disease. The pharmacopoeia is large and consists of any agent that is believed to be a specific for the cure of any condition that may be found to exist in the human organism. The name is taken from the Greek —eklektikos, meaning, "I choose or gather"—and in ancient times referred to any philosopher who selected his opinions and principles from various sources, or, in other words, a class which had no positive or determinate system of its own, but professed to choose from all systems that which it believed to be true.

This method has been adopted by the eclectic school of medicine with considerable success, and in this it stands upon the same ground as the regular school, or those practitioners who have divorced themselves from the narrowness of allopathy and all other particular pathies, and stand upon the broad basis of curing by the best and most potent methods.

PHYSIO-MEDICAL

The Physio-Medical or Thompsonian school of medicine is practically comprehended in the term "herb doctor," except that in the entire pharmacopoeia of the physio-medical practitioner poisons are never found, and none are ever administered internally. Only such remedies are supposed to be used as will aid the vital forces in the struggle against disease, the position taken being that poisons, by their inherent nature, are calculated to injure and to destroy, and whatever benefit they may seemingly accomplish in the treatment of disease can be better and more quickly accomplished without them; that they may, in some circumstances, force the system into action, but invariably weaken the constitution.

BIOCHEMISTRY

Dr. Med Schuessler of Oldenburg was the father of the biochemic therapy, a system of practice that has many followers, especially among the homeopaths. Twelve remedies constitute the entire pharmacopoeia of the biochemic therapy, and these remedies are given in very small doses, in some cases apparently infinitesimal.

They are called the tissue remedies, and are administered for the purpose of supplying a deficiency, and are of such a nature as to be homogeneous with the morganic substances contained in the blood and in the tissues.

While this system uses very small doses, and is in that respect like homeopathy, it is not the same system or method of practice, for it is not founded upon the law of similarity, but, according to its founder, "on the physiologico-chemical processes which take place in the human organism," claiming that by this method of cure the disturbances occurring in the motion of the molecular, or the inorganic, substances in the body are directly equalized by means of homogeneous substances.

Dr. Schuessler gave to the world, before his death, a complete and comprehensive description of his methods of treatment, and his little book, in the hands of one who understands medicine or chemistry, is very valuable. I have recommended their use in many hundreds of cases with splendid results.

THE ACID AND ALKALINE THEORY

When considering the many theories for the cause of diseased conditions and the claims of the various advocates regarding the methods of cure, it is well to bear in mind the fact that there must be some virtue in each and every one of them, and all have been instrumental in alleviating human suffering and prolonging human life. The world has been benefited by the people who become enthusiasts—or cranks, if you prefer to call them such—with one idea. They find great merit in one special line of treatment, and the idea is so permanently fixed in their minds that they lose sight of all other means of cure and practice, and admit only the theory that this one method is the ne plus ultra of therapeutics and that all else is vain and futile.

Thus reasoning, they proceed to perfect this one idea. The great mass of humanity is benefited, because the man of broader gauge utilizes this perfected knowledge, worked out by the various theorists or cranks, and selects therefrom that system of cure best adapted to the time, patient, and disease.

The term "crank" cannot be used in the sense of reproach or ridicule when applied to such people, but carries us back to its original meaning of a lever, power, force; that which is capable of moving things, or making them go.

Those who have advocated the acid and alkaline theory have been termed cranks, yet I find that after years of patient and persistent work, their theories have been found to contain many facts that will bear the closest kind of scrutiny, and the results of experience justify many of their claims.

In a nutshell, the theory divides suffering humanity into two classes, which certainly simplifies matters greatly. These two classes are called "acid and alkaline," and when called to treat any case the first question to settle is, Upon which side of the line does this patient belong—acid or alkaline?

As the result of careful investigation, it is found that acid people are, as a rule, thin in flesh, and the bones are small and short; the face is usually narrow and the features pinched, lips thin and red, which condition is also found in the tongue; the skin is quite likely to be dry and harsh, and have somewhat of a parchment appearance. The alkaline person, on the other hand, is generally found to be unusually fleshy—overweight in every way. In the young the flesh is loose and flabby, joints large and long, bones large; eat heartily and sleep well.

Either of these extremes is a diseased condition that may be corrected by restoring an equilibrium of the acid and alkaline secretions of the digestive organs. As the method of establishing and maintaining this condition of perfect equilibrium has been given in the club lectures, and as all club members either possess or have access to the lectures, it is unnecessary to enter into the method of treatment farther than to say that dietetic treatment alone will usually overcome it. Drugs can be successfully used, but the cure effected is not of so permanent a nature as that which is brought about by the assimilation of properly selected foods.

CHAPTER II

GENERAL MECHANO-THERAPEUTICAL TREATMENT

All of the following movements are shown in the accompanying cuts:

The patient lying on his back and thoroughly relaxed, the operator places his hands under the neck with the ends of the first two fingers of each hand pressing firmly against those muscles of the neck which are just beside the spinus processes, or the bones of the neck, beginning at a point on a level with the top of the shoulders. First press strongly with the fingers of the right hand, and with the heel of the same hand press against the side of the head sufficiently to cause the head to move in a rolling motion to the left (see illustration); then, by repeating or duplicating the movement with the left hand, the head will be gently rolled the other way. Bring the points of the fingers of the right hand farther up toward the head about one-fourth to one-half inch, and repeat as before, the left hand to duplicate the movement on its side.

Continue these movements, making the manipulation of the fingers to operate a little higher up each time until the neck has all been treated, thus causing a continuous, gentle rotation of the head while manipulating the muscles, producing a splendid stimulation of the nerves and freeing the circulation in a wonderful manner. But these results can be still further increased by grasping the under, or back, part of the head with the right hand; with the palm of the left hand under the chin, as shown in illustration, and pulling sufficiently to gently move the entire body. Reverse the hands and repeat, once only.

Grasp the right wrist of the patient with your left hand, and place the fingers of the right hand under the upper point of the shoulder blade nearest the spine. (The arm of the patient rests at the side, of course.) Applying pressure with the right hand, pull the patient's arm upward and backward as far as possible, and then forcibly replace it to the side. (See illustration.) Now move the

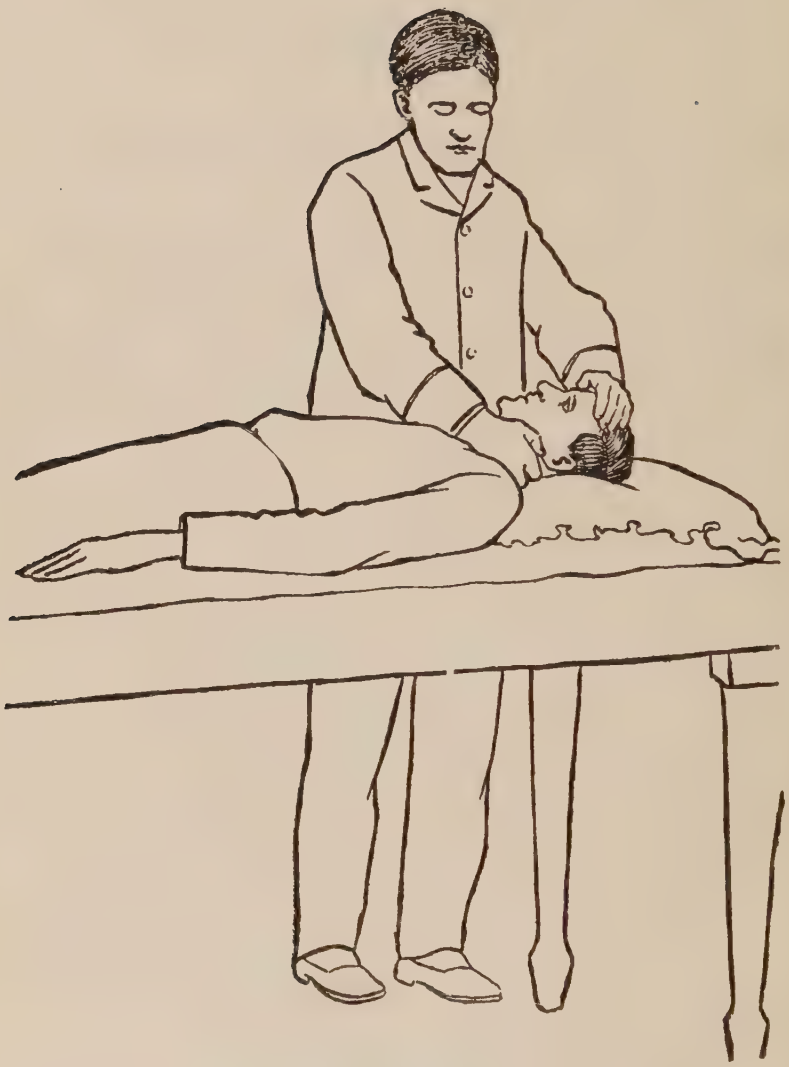


Illustration No. 1.
Rotating Head and Manipulating Neck.

fingers of the right hand down about a quarter of an inch toward the lower point of the scapula, and repeat as before, continuing thus until the lower point of the shoulder blade is reached; repeat several times. Change to the other side and give the same movements.

Grasp the right ankle with the right hand, and the knee with the left. Flex the knee as far as possible against the abdomen, twist the entire thigh and leg toward the left side, and then straighten it out with a jerk. (See illustration.) Repeat, only twisting the leg to the left. Do this several times, alternating twisting from the right and left. Treat the left leg in the same manner.

Returning to the right leg, flex the knee so that the foot is within a few inches of the body. Sit on the table in such a position as to prevent the foot from slipping, and manipulate the muscles of the calf and under side of the thigh. Treat the left leg likewise. (See illustration.) Continue to treat the upper part of the leg in a similar manner, standing at the side with one hand holding the knees, and the other making the necessary movements. (See illustration.)

Grasp the heel of the left foot in the left hand, placing the right hand just above the knee. Flex the limb strongly upward, and then lift up strongly with the left hand, applying pressure with the right, which straightens the leg with a jerk. As shown in the illustration, the foot is high in the air at the finish of the movement. Repeat this four or five times, and treat the right leg in a similar manner.

The patient now turns over on the face, with the arms lying at the sides. Place the thumbs on either side of the cervicle vertebrae at the base of the skull. Apply pressure and move the thumbs upward and outward. Then bring the thumbs down one vertebra and repeat, and so on down the entire length of the spine. Repeating two or three times is sufficient in one treatment.

Place the palms of the hand side by side over the muscles of the left shoulder, and vibrate strongly. Treat the right shoulder in the same way.

The foregoing description of a general treatment is crude and imperfect. I have used the simplest language possible, and no technical terms, and yet I am forced to admit that it is almost impossible for any one to master the technique of these movements without personal instruction from one who is skilled in the art. By receiving personal instruction one may in a few months master a series of the movements necessary to effect cures in many, if not all, cases, while by the study of books and illustrations double the

time would be required, and then the knowledge would not be perfect.

The knowledge gained from these instructions can be made to do a wonderful amount of good, and relieve suffering in many ways that were not previously thought possible, and careful study and persistent practice will enable any person to master any method of treatment given in this book, but both the study and practice must be continuous and most thorough.

N. B.—An index to all the illustrations may be found in the front of the book.

CHAPTER III

MEASLES

This is a very simple, contagious disease, which almost every mother has had one or more occasions to treat. It seems to be considered something which is to be courted by, or for, the rising generation rather than avoided. I presume all of you have heard the old saying: "A baby can never be really smart until it has fallen out of bed;" and it is a ludicrous fact that this assertion is supported by a surprisingly large amount of credence, even at this extremely enlightened period.

I remember one of the heartiest laughs which I ever indulged in was elicited by the following, which I overheard between two barefoot, dust-begrimed urchins: The one seemed to be making a somewhat unappreciated attempt to impress upon his partner the fact that he was very superior in numerous ways to any boy who had ever honored that particular community with his majestic presence. I heard him affirm that "My dad's bigger'n yourn, and I been to gran'ma's three times." This was rather a hard argument to meet, and his prestige seemed to be pretty well established. His partner walked along silently for a little way, and then, his whole face lighting up with a brilliant idea, and assuming a look of preassured victory, he tossed his head disdainfully, and exclaimed: "Huh, that's nothin'; I've had the measles!" This seemed to admit of no further argument, and the little fellow who had been so presumptuous now admitted ignominious defeat in his very action.

This attitude is not justifiable, however, and should be corrected. It is admitted that this disease is not nearly so severe, and is better withstood, if contracted during youth; but this is not a very cogent, nor even plausible, reason for not exercising caution to avoid it. The same style of argument would advocate courting death at an early date, because life is less fully appreciated by reason of not having been so long enjoyed—in fact, there would be more plausibility in this, because we all have to die, ultimately, and we don't need to "have the measles."

I presume you expect I am going to tell you just what the disease is, and just how to treat it, the very first thing—but I am not. When we get the measles is time enough to treat the difficulty; but all of us are liable to an attack at any time when we permit conditions to arise, or occur, which will cause, or produce, the abnormalities characterizing the disease. I do not say that people are always aware of the various ways in which these conditions are permitted to occur, or that they are willfully encouraged, or even indolently permitted. If I thought that these things were otherwise I would not go farther with this article, nor, in fact, would I go farther with this book.

As we haven't the measles now, the proper thing to do is to learn how to avoid contracting the disease. It would hardly be a display of commendable judgment, in an ominous hour, to spend valuable moments in the consideration of how best to recuperate from the effects of the impending danger, and to give no thought to avoiding it. Just so with disease; it is very well to know how to cope with it, but you would better learn how to escape it first, and how to cope with it afterward. How many of you would think of teaching a child how to care for a burn before teaching it to keep out of the fire? Of course, intuition would protect it from the fire to a certain extent, but it serves for an example.

The skin should always be kept active by the methods described in Home Health club lectures, as published in The Inter Ocean, and, in fact, the general health should always be kept in the excellent condition which the observation of the rules given in my lectures will insure. This, I assume, is the enviable physical condition in which all who read this volume are maintaining themselves. This being the standpoint from which I write, I will proceed.

There need never be any fear of contagion in this disease if, in times of epidemic, the entire integument of the body is thoroughly sponged with diluted acetic acid (preceded by a thorough cleansing bath), say, once per day, just before retiring being the preferable time for its application. The diet should be very closely observed, and all meats, and especially fatty meats, should be excluded from it. All products of the swine should be proscribed, as also should a too liberal amount of butter and condiments. Be generous in the use of ripe, juicy fruits, being careful to indulge in nothing but fresh fruits, and they are better if cooked. Do not overload the stomach, and aid digestion all you can by extraordinary mastication and consequent insalivation. The fruits should keep the bowels

free, but, if they do not, resort to enemas, and be sure they accomplish results. This is imperative.

The breathing exercises described in Chapter 12 of Vol. I., entitled "Ten Minutes for Health," should be practiced every night and morning to insure vigorous action of the circulation.

If you read this in time, and practice when occasion demands, you will never need to read farther in this chapter—that is, so far as your own personal interests are concerned. When it comes to the case of your neighbor, who is not a member of the club, and, consequently, is not cognizant of these simple means of avoiding the disease—in his case, you will need to apply the method of cure for the disease itself, which I will now proceed to describe.

Measles (Rubeola Morbili) is classed with fevers in most medical works—an eruptive fever. The disease is an effort of nature to eliminate some poison from the system. This effort is made through the pores.

The indications of an approaching attack are about the same as those of a severe cold. In the beginning there is a lack of disposition on the part of the child to play, and it complains of constant chilliness, regardless of the temperature of the room. The appetite is capricious, and very little food is taken. When the disease is allowed to follow its natural course the child lies about and takes no particular interest in the things going on. In a day or so more the eyes become bloodshot, the cheeks swollen; there is sneezing, with a watery discharge from the nose. A fever now begins, ranging from 100 degrees to 103 degrees Fahrenheit; the tongue is covered with a coat of white, furry looking substance; the pulse reaches 125 to 150 beats per minute.

On the fourth day from the time the chills occur tiny red eruptions appear on the forehead. These extend over the entire face, then over the chest and back, and, finally, over the arms and legs. They become of a raspberry hue, and cluster together in crescent-shaped blotches. At first they are slightly raised and present a convex surface.

With the appearance of the eruptions the fever increases. The exanthema maintain their shape and color for about twenty-four hours, when they lose their raised appearance, and on the second day they begin gradually to fade away on the forehead. They next begin to fade from the face, and so on, in the order in which they appeared. On the third day they present a rough surface, and very slight desquamation takes place. On the fifth day the blotches become slight yellow spots, which disappear in from a week to ten days.

It will be noticed that the eruptions (the red blotches) are replaced by the yellow spots on the fifth day from their appearance, and that they appear four days from the time the chills were experienced. Thus it would seem that the disease is practically self-limited, being of nine days' duration.

This is what the disease called measles is, and I feel certain there are few of you who would fail to recognize it from this description.

As the disease is practically self-limited, and, under favorable conditions, is never of a serious nature, the things to be done are to keep the system in the best condition and aid the skin in the disposition of the extra duty imposed upon it. The particular danger in this disease is not so much from the affliction itself as from complications which are likely to occur in case it is not properly handled. The eyes, ears, and bronchial tubes are all liable to become involved.

The first thing to be done is to see that the room is well ventilated. An abundance of pure, fresh air is imperative, even at the expense of temperature, although this should be kept at about 70 degrees Fahrenheit, if it is possible to do so. But pure, fresh air first, and then the desired temperature if you can. There has long been an almost universal prejudice against cool air in cases of measles, lest the disease should "strike in," but this is rapidly being overcome. Remember, pure, fresh air, and an abundance of it, is the first thing to secure.

The proper method of treating this disease is by what is known as hydrotherapy.

Place the patient in a full bath of 95 degrees, keeping him in it for ten minutes. Repeat this every four hours, decreasing the temperature five degrees each time until 75 degrees is reached. This bathing should be begun when the fever becomes pronounced—about the third or fourth day. This will quiet the patient and he will secure peaceful sleep, which is of much value.

It often occurs that cases have progressed until the patient is delirious, and there is constant moaning and groaning and restlessness. This requires immediate action in the right direction and there is no time for errors. Place the patient in a sitz bath at about 95 degrees. But perhaps it would be well to explain just what a sitz bath is before going further. A sitz bath is merely sitting down in the bath, the upper and lower parts of the body not being effected. After the patient has been placed in this bath pour three or four washbasinfuls of water at from 70 to 75 degrees over the head and shoulders. If this does not prove effectual repeat the bath, having

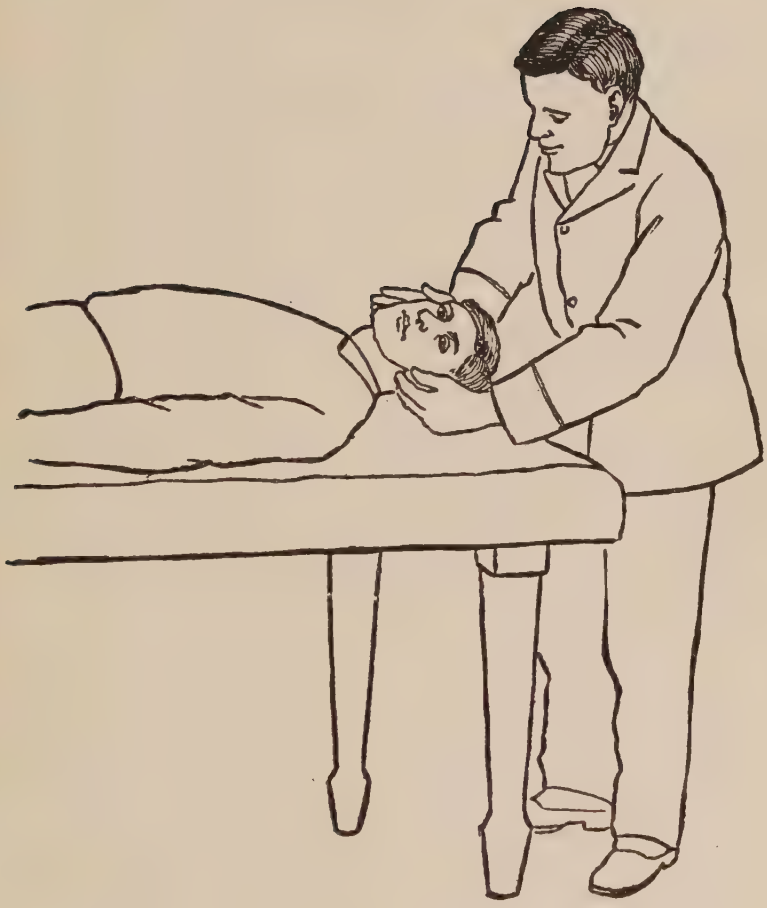


Illustration No. 2.

Treatment Described in Illustration No. 1 Continued.

the sitz bath at 95 degrees, and the water which is to be poured at from 50 to 60 degrees.

Neither of these baths should be continued for longer than one minute (the pouring part) and only the first one should be used, where it performs the work. This can be told by a rush of blood to the surface, tinging it with a dark pink or red color. This is what it is desired to secure. After each bath rub dry with a warm bath towel.

Allow the patient (or rather require him) to assume as near a reclining posture as possible, still keeping him in the sitz bath. (Its temperature should be maintained by the addition of hot water.) Every five minutes the pouring of cold water over the head, neck, and spine should be repeated. As soon as the desired reaction has occurred remove the patient from the sitz bath and rub him thoroughly dry with a warm bath towel. This should be repeated in about two hours, and so on, until all delirium vanishes.

The above treatment will bring the average case of measles to terms in a short time, and the child will soon be well and playing again.

Great care should be exercised during convalescence, however, and the patient kept in bed until he is fully recovered, for it is almost impossible to keep a child indoors if he is allowed to leave his bed; and going out in the open air, especially if it be damp, might cause serious trouble.

CHAPTER IV

PAROTIDITIS, OR MUMPS

Mumps is a disease of such exclusive diagnosis that it can hardly be mistaken for anything else.

That which club members wish to learn first is regarding the prevention of any and all diseases. The pretensions of the club are not so much as correctors of abnormalities as the maintainers of normalities. If the club is successful in preventing disease, there will be no occasion for calling into play what may or may not be known of curative methods. But I am not at all apprehensive as to the result of a trial in that direction. Our first aim is to prevent disease; if we fail in that, then we are prepared to meet the contingency.

This disease usually occurs epidemically, there being but few isolated cases. This being true, there will be due notice given, so that precautionary measures can be adopted. I assume that all of you follow the directions which have frequently been given in my lectures for keeping the body in proper condition, and the functional organs active.

As the disease affects the parotid gland, the throat should receive particular attention. Be very careful to avoid exposure liable to produce colds. Do not permit the bowels to become either too lax or constipated. There is probably more danger of the latter.

An acid bath once per day will be an excellent thing during an epidemic. This should be followed, of course, by a thorough rubbing with oil. The diet should be in strict accordance with Home Health club teachings, and plenty of juicy fruits used.

The deep breathing exercises given in pamphlet No. 2, under the head of Catarrh, should be practiced.

This will suffice to prevent an attack of the disease. I do not mean to say that everybody could positively avoid an attack by following the above directions; if this was the case there need be no more mumps. The Home Health club does not claim to be able to

obviate disease absolutely, but it does claim to be able to avoid a great deal of it.

But now for cases of mumps where they actually exist. The disease is an inflammation of one or both parotid glands, and involving, in some cases, other salivary glands and surrounding connective tissue. It may, and, in fact, has a tendency to, migrate to the mammae, or ovaries, of the female, or the testes of the male.

The onset of the disease is rather sudden, preceded by a feeling of uneasiness, and beginning with chills, (fever 100 to 103 degrees, F.), rapid pulse, dry skin, etc. In the course of a couple of days the jaws become stiff, and moving them is attended by pain; the parotid gland becomes swelled, there is an extreme redness of the face (of the side affected), and swallowing is next to impossible.

The natural course of the disease is about nine days, when the swelling will subside and the general health will be restored. In the majority of cases one side of the throat only is affected at a time. Then it is most probable that, at the end of the ninth day, the other side will become affected.

It seldom occurs that any one subject has a return of the disease, although it sometimes does happen, and especially where only one side has been previously affected.

If proper methods are employed there need be no serious results from an attack of this trouble. The disease itself is not so severe, but the change of seat to other parts, as it was explained above, occasionally occurs, and it is against these complications that we must guard.

There is little, if anything, of a special nature that can be done to advantage after a case is well established. Great care must be exercised to keep the bowels open and regular. A liquid diet should be persisted in. Broths, soups, milks, etc., with plenty of fruits, fresh fruit being better than canned.

Give the patient a warm bath twice per day, and rub thoroughly with a warm towel. A sponge bath with diluted acetic acid once per day will be found excellent. Do not use any oil after these acid baths if there is fever, and if they are given they can take the place of one of the warm baths just mentioned.

Use extreme caution to prevent the patient catching cold; a light liquid diet during the disease, gradually increasing to a more solid during convalescence. With these precautions almost any case of parotiditis can be speedily and safely tided through and serious complications avoided.

CHAPTER V

LARYNGISMUS STRIDULOUS, OR FALSE CROUP

This disease is liable to affect children up to the age of 10 months, and occasionally a child is attacked as late as the second year, but rarely after that age is attained. It is entirely different from pseudo-membranous, or inflammatory croup, in many ways, yet in some particulars they are similar. Many parents are caused a great deal of alarm and anxiety through mistaking false for true croup, while, in reality, though very distressing indeed to the little sufferer, false croup seldom proves fatal.

The thing which so frightens parents who are not familiar with the disease is the suddenness with which the attack is made. The little babe goes to sleep in apparently as good health as ever. The parents are awakened in the middle of the night by the child's coughing. This is a hoarse, hollow cough, accompanied by gasping and great difficulty in breathing. Respiration is attended by a wheezing, whistling sound, and the face turns purple, as though the little sufferer would certainly die of asphixiation. In most cases of this kind the parents are simply dumfounded, and do absolutely nothing to relieve the condition. While they wring their hands in agony and utter helplessness the child soon recovers from the attack, and immediately dozes off into a quiet sleep again.

Both the attack and recovery are so sudden and altogether mysterious that the parents are decidedly chagrined. As the trouble is so soon over and the patient drops into a sound sleep, no further attention is paid to it.

At about the same time the next night the attack again as suddenly appears as before, although it may be preceded by restlessness this time. The disease rarely proves fatal, although death sometimes does result from strangulation.

The question is, What is this disease, and what causes it? As was said in the beginning, it is spasmodic croup. This spasm is of the muscles surrounding the windpipe. Some irritation of the nerves controlling these muscles causes a spasmodic contraction, and the

child suddenly becomes purple in the face and strangulation seems imminent.

There certainly is some cause for the irritation, and this is what it is necessary to overcome. But it may be caused by one thing, or still another, and the difficulty is to determine just what it is. There is one remedy which is infallible, and which does not require us to determine the particular cause of irritation, and, in fact, it is almost impossible to do this, as the origin of one spasm may be entirely different from that of the next.

The trouble is seen to be with the motor nerves. The fact that some slight irritation is sufficient to cause spasmodic convulsions of the muscles proves that these nerves are too sensitive and require toning down to the normal. To accomplish this, when the child is still warm in bed treat the spine, as this is where those large motor nerves center, to an inunction of hot olive oil, rubbing well into the skin with the hand. Then prepare a cold pack and place this to the spine. This should be changed as soon as it becomes warm, continuing this form of treatment for about half an hour. I do not mean that this cold pack should be made ice cold, as in the case of adults, but should merely be made cool. In all probability, one application will be sufficient to so thoroughly equalize the nerve vitality as to prevent any further trouble. If not, it rarely requires more than a second application.

Where there is any need for immediate measures to prevent strangulation, however, the above method is entirely out of the question, as it is only meant as a positive cure for children who are said to be of a croupy tendency.

When a child is suddenly seized with a severe attack, by simply holding the hands and feet in hot water the spasmodic contraction of the muscles will be overcome and relief afforded. Where there is a babe in the house it is well to be prepared for such emergencies. Tincture of lobelia is one of the best herb remedies known for this disease. The following is a preparation which can hardly be improved upon for this disease, and which is given by Dr. Cook:

"Steep, in a pint of water, half an ounce of lobelia herb and one fourth ounce of black cohosh; strain and add one pound of sugar and two ounces of glycerin."

Give half a teaspoonful of the above, placing it far back on the tongue, and repeat the dose every ten minutes until vomiting is induced, when the throat will be just as free as ever, and the attack will be over.

Another method is to give the little one sips of hot water, being very careful not to give it while the child is gasping for breath, lest the little sufferer be strangled to death by the remedy. This same precaution should be exercised in administering the lobelia sirup.

CHAPTER VI

PSEUDO-MEMBRANOUS, OR TRUE CROUP

Pseudo-membranous, inflammatory, or true croup, is considered by most authorities to be the same thing as diphtheria, and is sometimes referred to as diphtheritic croup. Both diseases are of the throat, characterized by inflammation, difficulty in breathing, caused by accumulation of mucus, and also have many other particulars which are identical.

This is entirely too serious a disease to be intrusted to home treatment. It must be understood by club members that it is not well to treat all diseases without professional assistance. This being the case, as soon as evidence of the presence of the disease is noticed the most skilled physician obtainable should be called.

But the question then arises, what are these evidences? Croup is just like nearly all other diseases—the symptomatology is not identical in individual cases. The little patient is generally cross, peevish, and has a bad cold for a few days before the attack, but there are cases in which none of these symptoms exist. The seizure generally comes on about, or a little later than, midnight. The child is awakened with a struggle for breath; it gasps, struggles, and clutches at its throat; the face is flushed, and the eyes bloodshot. When air is taken into the lungs there is a peculiar hollow, metallic sound caused. Then, relief may come, but only for a moment; the paroxysm returns with more violence than before, and so on, each return of the attack being more severe than the preceding one. The temperature is high, ranging from 102 to 104 degrees Fahrenheit; the pulse is small and rapid. Death is liable to occur at any time up to the sixth day, when, in most cases, there is either a change for the better or it is too late to hope for one. The approach of death is marked by coldness of the extremities, livid face, with gradually lessening pulse.

When the attack presents itself heroic measures are frequently necessary; the passageway for air must be mechanically cleared or strangulation will result. While waiting for the doctor, to keep

Illustration No. 3.
Neck Extension.

the throat open seek to induce vomiting by administering salty, lukewarm water, placing the finger in the throat, etc., following by olive oil. Or prepare a swab of soft cloth or cotton and keep the mucus removed with this. Place a cold (from 50 to 60 degrees Fahrenheit) compress to the throat. This will be about all that can be done till medical assistance arrives.

The following letter from one of the club members, intended for Club Notes, gives a method of treatment which is certainly simple, and, in the case described, very effectual. Moreover, it has the advantage of being perfectly safe:

"Grand Haven.—Dr. David H. Reeder, La Porte, Ind. Dear Sir: You don't know how much good your lectures have done, and never will. Even I have been enabled, through them, to do some good. I want to thank you for helping me to help some one else. I am what country people commonly call an 'old maid,' therefore an authority on sickness. And when they come to me, I like to tell them what to do.

"I want to tell you something which saved a child's life. It's so simple I am sure you won't object to giving it to the Home Health club. She was nearly gone—just breathed in gasps—and the doctor said he could do nothing more for her, and if any one knew anything further to do it.

"Just then a neighbor came in and asked for pine tar and turpentine. They sent a mile for the pine tar. She then took equal parts of the pine tar and turpentine, put them in an old tin pan and set fire to them. They then shut the room as tight as could be, and the smoke soon became so thick you could not see the lamp across the room. The child then began to get better, and in half an hour was breathing as freely as ever in her life. The doors were then opened and the smoke let out. In a week she was entirely well. Diphtheria was the trouble. "O. A. B."

I do not hesitate to recommend the treatment described for diphtheria as being a sensible emergency remedy for that disease, and also for croup.

There is a form of medical treatment for croup which I indorse, and, in order that you may have the advantage of knowing it, I will quote from a successful practitioner his treatment in full:

"There can be no trifling with so desperate a malady. Rub over the throat and upper part of the chest the third preparation of lobelia. If this is not at hand, make a strong infusion of lobelia and a little red pepper and soak flannel in it, to be put around the

throat, and change the flannel or rub on the third preparation every third hour. Administer an infuion of pleurisy root, with a little ginger and lobelia added, in teaspoonful doses, every fifteen minutes till vomiting occurs; or give three drops of the third preparation of lobelia in water, instead of the infusion. After vomiting, give every half hour, or every hour, in order to maintain relaxation, and if suffocation seems imminent, increase the dose and frequency immediately. Have the bowels move freely, and keep the patient very quiet.

"Sirup of wild cherry bark, with a little cramp bark added, will loosen the cough when paroxysms are not on. When drowsiness occurs and the extremities grow cold, give composition, with lobelia, freely, and also an injection of skullcap, containing ginger, and keep hot applications to the feet. After convalescence is established, nurse carefully, and keep indoors at least a week. Some children, especially those who are fleshy, are peculiarly prone to attacks of croup. This disease is not contagious."

The composition above referred to is as follows, again quoting from the same author:

"The following formula was devised by Samuel Thomson many years ago, and has become a famous preparation, and may be obtained already compounded in many drug stores:

"Bayberry bark, one pound; hemlock bark, one-half pound; ginger, one-half pound; cayenne (capsicum), one ounce; cloves, one ounce. Mix thoroughly. All the ingredients should be thoroughly pulverized."

CHAPTER VII

WHOOPING COUGH

This is an infectious, contagious, practically self-limited disease, peculiar to children, and usually occurring epidemically, although isolated cases are not infrequent, and one attack rendering the subject practically immune against subsequent contagion. It is divided into three quite distinct stages. The time required for the development of the disease after exposure varies in different cases from forty-eight hours to eight weeks.

While the disease is not particularly dangerous within itself, yet serious complications invariably follow improper treatment.

The first stage of the disease is largely catarrhal, the onset being very similar to that of a common cold, and lasting from one to five weeks. There is sneezing, watery eyes, slight fever, headache, indisposition, slight chilliness, and constant distressing coughing.

The second stage is what is known as the paroxysmal stage. It is extremely distressing to the subject, and frightening to uninitiated attendants. Severe paroxysms are preceded by a peculiar sensation in the throat and chest, thus giving warning of an approaching attack. During these severe spells the air is all expelled from the lungs by several rapid and violent expiratory acts, followed by a rush of air to the lungs, characterized by a peculiar whoop. This procedure produces weakness, and the child grasps some handy object to support itself. The veins of the neck dilate, the heart pounds away terrifically, the eyeballs bulge out, and the face turns purple, the forehead is covered with profuse perspiration, and suffocation seems imminent. The paroxysm usually lasts about three minutes, when it suddenly disappears. It is followed by the expectoration of mucus, and possibly by the vomiting of the contents of the stomach. The involuntary evacuation of the bladder or bowels, or both, is also frequently a feature. This stage generally lasts about ten days.

The third stage is practically merely the convalescence. It is a very critical period, because the subject is usually too active, persists

in overeating, and is liable to expose himself. This must be strenuously avoided.

The first stage of the disease is the proper time to apply treatment. The child should be kept well clothed, and especial care should be exercised to keep the feet warm and dry.

But where Home Health club principles are employed there need never be any second stage. Put the child to bed and apply dry heat to the feet, and give the patient a diluted acetic acid bath, and follow with an inunction of olive or almond oil. Then give the child a cup of hot ginger tea or a five-grain (as much as you can hold on the point of a knife) dose of capsicum (cayenne pepper). This will generally be sufficient to break up the disease and prevent the impending attack.

After the second stage is reached, all that can be done is to take the best care of the patient, and thus avoid any complications, and also shorten the duration of the disease. Protect the child from draughts and dampness, and supply it with a plain, nutritious diet. Be very careful during the third stage to keep the child from overeating and exposure.

The tissue remedies or elements, properly used will quickly cure the disease and there will be very little whooping and no bad after effects.

CHAPTER VIII

VARICELLA, OR CHICKEN-POX

This is a disease which need not be feared, inasmuch as it never, without complications, proves fatal. The greatest trouble is that there are frequently mistakes made in diagnosis, chicken-pox being called smallpox, and vice versa. Thus a patient who has chicken-pox is scared to death by being told he has smallpox, and another, who really has the smallpox, is allowed to die in blissful ignorance, thinking he merely has chicken-pox. In the one case a whole community is thrown into a panic and quarantined for no cause, and in the other the dread disease of smallpox is allowed to work its awful havoc unmolested.

I can see no reason at all for such blundering in the matter of diagnosis, for the two diseases are easily distinguished. They are both characterized by exanthema, but the eruptions are not at all alike.

Chicken-pox is a contagious disease, which appears about five days after the exposure. There may be very slight febrile reaction and corresponding quickening of the pulsations; probably a slight headache, indisposition, lack of appetite, and perhaps a furred tongue accompanied by slight nausea.

The eruptions which characterize chicken-pox are most generally the first indication of the disease. These are tiny round, red pimples, which appear on the forehead and the face first, then over the other portions of the body. The next day they become filled with a white, milky fluid, and look like any white blister. They are never yellow nor indented as are the exanthema of smallpox. They are very annoying, and the temptation to scratch them is almost irresistible. If they are scratched, however, they are liable to become angry and leave scars. Proper steps should be taken to avoid any unnecessary irritation to them. It will be well to cover very red or large blotches with perforated sticking plaster.

The patient should be given a bath in warm diluted acetic acid,

and then rubbed with olive oil. Keep the feet warm and dry, and keep the room well ventilated. Supply a diet of light plain food.

In the course of four or five days the patient will be all right again. Care should be taken to prevent a relapse, however.

CHAPTER IX

CATARRH

While the laity understand this term to indicate an affection of the mucous membrane of the nasal cavities, yet, in reality, the disease itself cannot technically be thus localized. Catarrh may affect the head, the stomach, the bowels, or, in fact, any part of the body.

But the kind of catarrh which is most general, and which the layman refers to when he says he has "catarrh," is that of the nasal cavities. This is a disease from which remarkably few are entirely free. A very large percentage of the inhabitants of this country suffer from it constantly. There are hundreds of "sure cures" for catarrh heralded throughout the world in large, black type and hyperbolic phraseology, but the cases of catarrh steadily increase (and so does the income of the "sure-cure" man).

The Home Health club has investigated the disease in its usual thorough manner, and, as a natural sequence, has found a simple, effective method of cure. The mucous membrane has become relaxed, or deprived of its living force, in some manner, and it lets the juices flow through it that do not so flow when it is in health and surrounding conditions are normal. Going from a warm room into the cold air and letting it strike sharply upon the face, upon the throat, or even upon the hands or wrists will soon cause a rapid discharge of a thin, watery fluid from the nose. If, during the night, a foot or a part of the leg is exposed to the cold there is soon a tickling sensation in the nose, followed, in many cases, by a sneeze, and that by the watery discharge. A certain state of the palms of the hands gives rise to a nervous state of the lining of the nostrils, which will many times cause sneezing and a flow of water. Wash the hands briskly in cold water, and the sneezing and flow cease instantly. Wipe and dry them thoroughly, rub them before a fire, and there is not likely to be a recurrence of the trouble. If you are sitting, sewing, writing, reading, or talking, and a draught of cold air strikes the ankles or feet only, while the rest of the body is protected, the chances are that you will promptly sneeze and water

Illustration No. 4.

Treating Throat—Rotating Head.

will flow from the nostrils. Shelter your feet from the cold, and the catarrh is gone.

Properly speaking, catarrh is an abnormal discharge from the mucous membrane, no matter in what portion of the anatomy that membrane may be situated, and when the flow ceases the catarrh disappears. Now, if the excessive discharge continues, serious weakening and inflammation result, the discharge becomes thick and viscid, until it gradually interferes with breathing through the nostrils. Then it is that those who are ignorant of the damage resulting from mouth-breathing contract a habit which is ruinous and which rapidly increases the damage already done, until, finally, the viscid substance, which has become highly poisonous and detrimental to any exposed membrane, is crowded through the weakened surface of the nasal chamber, and, dropping downward, infects the lungs or stomach, ultimately leading to consumption of either the lungs or of some weakened portion of the alimentary canal. All of this may be readily avoided if proper steps are taken in time. If not, then we must seek to cure the condition as we find it, and as in most cases it has been several years in reaching the present stage, we must not expect an instantaneous cure.

Like all other difficulties pertaining to the mucous membrane, which is the skin, or covering, of the inner surfaces, we must first look to the outer skin and see that its condition is perfect before we can hope for a permanent cure. When this has been secured we must then strengthen and fortify the air passages themselves by drawing nutrition directly to that part of the body.

If we wish to draw nutrition to the hand, or arm, or any muscle which we especially desire to develop, we give it special work to do that will cause the muscle to contract and expand, or become tense and relaxed, alternately. Judiciously practiced, the desired result is soon attained. In this case, the first attempt will be to strengthen the muscles of the throat and neck, as well as increase the strength of the lungs, after which the clearing of the nasal chamber and cure of the catarrhal conditions are a comparatively easy matter, and I might say, to start with, that, as the diseased condition was wholly the fault of the individual, the cure lies wholly within his power. I have found many remedies offered, and almost instantaneous results and relief follow the use of some of them, but I have never yet found a cure for catarrh in any remedy other than a removal to a climate where it is unknown, or the use of the method which I now give.

Take the erect position. Push upward with the top of the head and downward in front with the hands. This raises the vital organs into proper position and gives the lungs a chance to expand. Hold the position and inhale through the nostrils all of the air possible; more air can be added by rising slightly upon the toes. Hold the air in the lungs while counting slowly (mentally) up to ten, and at the same time tense the muscles of the throat and neck by contracting them as strongly as possible, the same as you would tense, or clinch, your fist. When you have finished counting ten, relax the muscles of the throat and slowly exhale through the nostrils; do not let all of the air out at once with an explosive, rushing sound, or you lose the opportunity to warm the nasal chamber with the hot, moist air, and one part of your work is lost. Repeat the foregoing exercise ten times, unless you get dizzy, when you should cease instantly. The best time to practice the cure thus far is just before retiring at night and upon arising in the morning. After about a week's practice upon the above, the counting may gradually be increased from ten to fifteen, and then to twenty, thirty, or more, ceasing always on the first signs of dizziness, and proceeding more gradually.

Then we add one more movement, which at once begins the rapid removal of the catarrhal discharge and clears the nasal air passages in a few moments. After performing the exercise previously described, throw the head backward until the eyes can be fixed upon a spot directly over the head, and, holding the breath and tensing the neck, sink slowly downward by bending the knees; do not attempt to sink downward too far at first—probably not over six inches—and repeat not more than four times, until new air is taken into the lungs. After the movement is well understood and no difficulty is encountered in maintaining the equilibrium, you can sink down as low as possible and repeat the entire movement ten times. The move should be made very slowly, both in going downward and in rising to the erect position, and the breath should be held until the head is returned to the normal position, and must then be allowed to escape so slowly and gently through the nostrils that no hissing noise can be heard.

After finishing the exercise at night, wash the nostrils with cold water, in which sufficient acetic acid has been poured to make it perceptible, or, what is perhaps better, use listerine, either as a spray or by a long camel-hair brush or a feather, washing all of the inner surface of the nose that can be reached, and drawing the wash up

into the air chamber by insufflation. No harm will follow if it trickles down the throat, as listerine is simply a disinfectant.

A careful and conscientious following of the instructions just given will absolutely and radically cure almost any case of catarrh of the head or throat, and will in most cases also cure bronchitis. Moreover, the lungs will be greatly strengthened and fortified against colds, and as the treatment includes the care of the skin, the person who cures himself by this method will be rendered almost immune against colds.

There are people who suffer from a catarrhal discharge in the throat of a thin, ropy fluid, which is very tenacious and causes them to contract a habit of continually attempting to clear the throat. In many cases this is caused by indigestion, and the person who habitually clears the throat should, by a great effort of the will, cease the practice, as he irritates the mucous surface by the hard, rasping action and counteracts the effort of nature to heal the inflamed surface. In order to clear the throat of the offending material remove the cause, which is, in most cases, tea, coffee, or an excess of either animal fat in the food or confectionery and pastry. Study the diet carefully, and if it is correct, then learn whether the salivary glands are doing their duty or not.

Stubborn cases of catarrh of the stomach, bowels, bladder, womb, or any other part of the body can be cured by carefully selected tissue elements.

CHAPTER X

ASTHMA

This is purely a nervous condition in which we find more or less difficult breathing, due to a spasmodic narrowing of the bronchial tubes, alternating with spasms of the muscles of the chest. Before an attack a patient will often experience uneasiness about the chest or a feeling of nervous excitability, accredited to unusual good health. Suddenly, in the morning in the majority of cases, great constriction of the chest and more or less marked feelings of suffocation are experienced. The breathing is accompanied by a wheezing in the milder cases, but in others this feature can scarcely be detected. The suffering is often intense, the patient assuming various positions in order to assist respiration. There is prominence of the eyeballs, distension of the blood vessels of the neck, blueness of the skin, and excessive perspiration. The pulse is usually low and weak. After a period varying from a half to several hours, these symptoms abate and usually end in more or less profuse expectoration. Should this condition continue, grave complications may arise, as heart trouble, permanent narrowing of the bronchial tubes, etc. The conformation or general appearance of the patient's brain becomes changed, owing to a modified action of the muscles of the back and chest. The sufferer stoops, and the shoulders become raised. This will suffice for a description of a typical case of asthma, although other symptoms and complications are numerous.

Atmospheric influences are active factors in the production of an attack. Excessive dryness, such as that of overheated or imperfectly ventilated rooms, or, on the contrary, excessive dampness, may bring on the attack. This condition may exist for years without any apparent danger to the patient, but after a time the circulation is interfered with and the general health impaired.

The causes of this trouble are numerous, but it is unquestionably a reflex nervous irritation. The spasm depends upon the contraction of the small muscular fibers of the bronchial tubes. In this

condition the imperfect action of the chest walls is often due to a momentary partial paralysis of the muscles. The reflex spasm may have its starting point in the nose, throat, the ear, mouth, stomach, or the sphincter muscles, etc. Emanations from various plants, fruits, animals, or chemicals may be the reflex cause. In fact, the irritants to the nerves are so numerous that it would be impossible to give all of them here; but the fact remains that this is entirely a nervous condition, showing an irritability of the nerves, the cause of which must be removed and the nervous currents properly regulated before a cure can be effected.

In cases where the origin of the trouble seems to be in other organs, there is predisposition to asthma, and that consists of an obstruction to the normal nerve force from the spinal nerves to the muscular coats of the bronchial tubes, or to the nerves governing the muscles of the chest. This irritation is nearly always found in the nerves having their origin in the dorsal region, which extends from the eighth to the nineteenth joint, or bone of the spine, inclusive, counting from the head. The lesion may be found at the third, fourth, or fifth ribs, or we may find the obstruction anywhere from the second to the seventh vertebra. A frequent case is found in the displacement of the first or second costa.

The time required for a cure by the osteopathic method is from a single treatment to three treatments per week, continued for three or four months. Treatment given too often will simply increase the irritation and be harmful in its effects. The treatment of asthma consists in:

1. The arrest of the sudden attack. This can be effected by regulating the nerve force governing the muscles of the bronchial tubes and the chest muscles. This is accomplished by manipulating over the region before mentioned from a point just above the shoulder, and continuing downward as follows:

With the patient lying on the left side, place the ends of the fingers an inch or so from the right side of the bones of the spine. Press in deeply toward the spine, then upward (toward the head), and outward (away from the spine). This is repeated three or four times opposite each vertebra, from the head to the last dorsal. The patient turns on the opposite side, and the manipulations are repeated in the same manner.

Dilation of the rectal sphincter will often relieve the sudden attack by stimulating through the sympathetic nerves.

2. The permanent cure. This can be effected by general regulation of the nervous system, with particular attention given to any reflex cause, which in every case must be discovered before we may expect a cure. Proper attention must be given to diet and hygiene. The special organs which aid in elimination of waste products, such as the kidneys, liver, and bowels, must be stimulated that they may relieve the lungs of a part of their work in carrying off the effete matter. Osteopathic treatment consists in the manipulation of the spinal nerves as given above, and the training of the organs of respiration by carrying on respiratory movements which will assist these measures. If a displacement of the first or second rib is found it must be corrected. Oftentimes we will find that the vertebrae are slightly out of place, and that, by restoring them to their normal position and thus relieving the pressure upon some nerve, a cure can be effected. These are cases that are often cured in one treatment. Another curative procedure is that of "raising the ribs," which will relieve the contraction of the muscles of the chest, increase the breathing space, and aid in elimination. This is accomplished in the following manner:

With the patient lying on the left side, locate the extremities of the ribs in the median line, anteriorly and posteriorly. Place the fleshy portion of the thumb against the rib at the back, and the other hand in the same manner in front, at the third rib. Press gradually upon those two points as the patient takes a deep inspiration. At the same time have an assistant catch the patient by the wrist and pull his arm upward over the head. He then bends the patient's elbows and pushes the arm backward and downward until it comes to the side of the chest, the patient exhaling. Move the hands downward in front and behind to about the sixth rib, and proceed as before; again move the hand downward to the tenth rib, and proceed as before. The breathing exercises may be given every other day, alternating with the above procedure.

L. M. Ellis, M. D., D. O.

CHAPTER XI

ACUTE TONSILITIS

Here is another proof of Home Health club truths. I have always maintained that predisposing conditions must exist before infection or contagion could produce disease. Tonsilitis affords a strong proof of this assertion. Although the disease is attributed to exposure, yet there is no good reason for doing so, inasmuch as numerous cases have developed which were not preceded by unusual exposure. Another proof that predisposing conditions exist in this disease is the fact that those who have once had it are liable to a recurrence of the trouble at any time, and with the least imaginable provocation.

The beginning of the disease is usually quite sudden, being characterized by rapid, though strong, pulse (from 100 to 140 beats per minute), temperature from 102 to 105, and painful deglutition, caused by inflammation of one or both of the glands (tonsils). There is a marked feeling of lassitude, great exhaustion, and general debility. The ears sometimes ache, and there is temporary tendency to partial deafness. By examining the throat it will be found that one or both of the tonsils are enlarged and protrude from their beds. They are red and inflamed, as are the surrounding tissues. The duration of the disease is from three to seven days.

The very first thing to do is to examine the disease and determine its nature. There certainly is inflammation of the affected and surrounding parts, and wherever there is inflammation there is an engorgement of blood. Next, there is febrile reaction to the extent of from 102 to 105 degrees, F. This being true, antipyretic measures must be adopted. There is also rapid pulse, but this will disappear with the decline of temperature.

The first condition which we have to meet is the inflammation. Where there is inflammation there is hyperaemia. The thing to be done, then, is to distribute this accumulated blood. There is a very simple method of accomplishing this result, and one which is simplicity itself. Let's investigate.

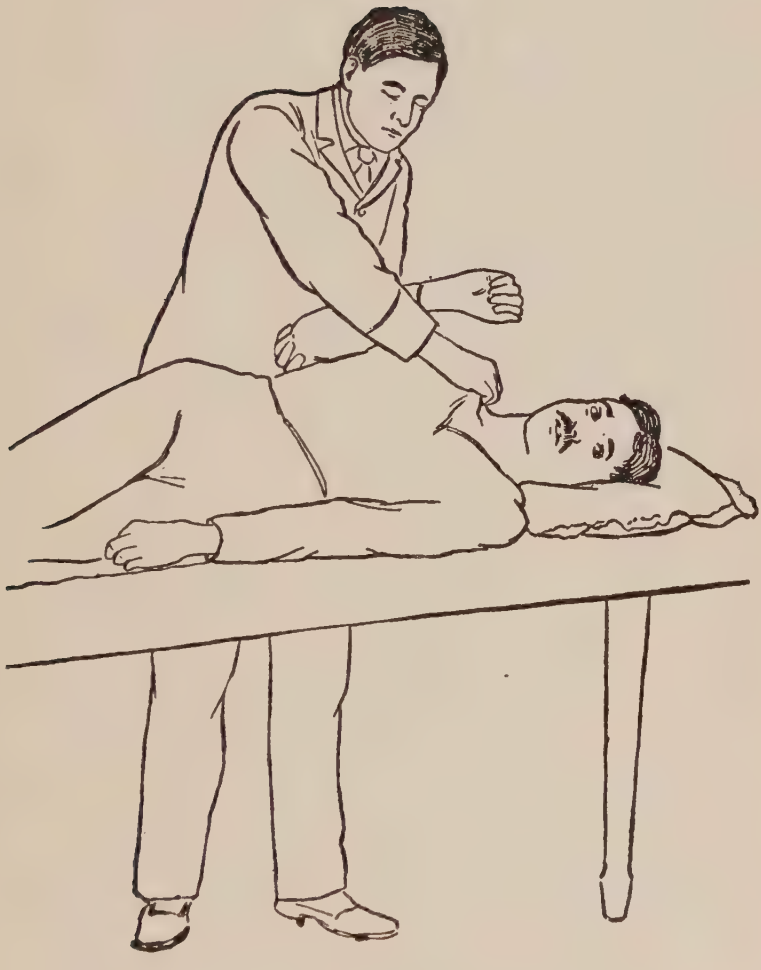


Illustration No. 5.
Raising the Clavicles.

This body of ours is a wonderful thing. Suppose that there is an injury sustained by any part of it; there is a great supply of nutriment immediately directed to that part to repair the damage. The finger is cut, making an ugly wound. There is a great supply of nutrition directed to that finger, and, consequently, the wound is soon healed.

This is true also of the blood. If any part of the body is subjected to severe cold, the blood rushes there to supply the extra demand for warmth, and this gives the key to our remedy. As there is too much blood collected in the throat, and we have just found that it can be drawn elsewhere by applying cold—why, all that is necessary, then, is to apply a cold compress to the throat to draw the blood away from the tonsils to the surface, and thence it will continue over the entire body. The best way to apply this cold compress is as follows:

Prepare a basin of as cold water as can be secured—if you have ice, all the better. Take a common bath towel and fold it lengthwise to about three inches wide. Then wring this out of the cold water and wrap it around the throat of the patient. Cover with a dry towel. Change for a fresh cold towel as soon as the present one becomes noticeably heated. Continue this until the inflammation has been reduced.

The fever phase of the disease has our attention next. Home Health club readers are all possessed of knowledge regarding the reduction of fever. Fever is a plain case of superfluous heat, and that is very readily overcome by counteracting this heat with cold. It is merely a question of what is the best method of applying this cold. Mechano-Therapy chooses the hydriatic branch of its methods, and applies cold compresses, either locally or generally.

The following is the Home Health club regular procedure to reduce ordinary febrile reaction. Wrap the feet and ankles in a hot woolen blanket, and maintain the temperature by hot bricks, flat irons, hot-water bottles, or something of that nature. Then apply cold compresses to the head, neck, and chest. This will produce the desired results.

If the temperature reaches 103 or higher, a wet sheet pack is the proper thing. Wring a sheet out in the coldest water you can secure, and, the patient being denuded, wrap him in this cold sheet, except the head and feet. This is rather a heroic measure, however, and not to be used unless the temperature is high and persistent.

If the decline in temperature does not produce a corresponding decrease in the number of pulsations, place a cold compress over the heart. A gentleman's handkerchief folded four-ply is about the right size. Watch the pulse closely and see that the decrease is not too sudden.

We will next turn our attention to the seat of the trouble. The throat is in need of an antiseptic wash. The best thing for this purpose is a gargle of about a 1 per cent carbolized solution, used once every three hours. Care should be taken not to swallow any of this. If this is not easily procured, use hydrogen-peroxyde diluted about one-half. Gargle once every three hours.

The diet should consist mostly of liquids, with the occasional addition of milk toast. Deglutition will be quite painful, but nourishment should be taken to keep up the vitality.

There is an herb ointment called Grandmother's Ointment which, if rubbed carefully over the throat and chest will quickly take out the inflammation and soreness. It can be secured from the Home Remedies Co., La Porte, Ind. I have used it many times and always with success.

CHAPTER XII

DIPHTHERIA

This is a disease in which I would recommend that an able physician be called. The Home Health club methods of treatment are, as I have repeatedly said, intended more especially for the prevention of disease than its cure, although there are few cases, indeed, where their careful application will not avoid the necessity of a doctor.

The disease of diphtheria is one of the few in which I advise the immediate attention of skillful physicians. I do not in any measure admit the impotency of the club methods in this disease, however. The facts are thus: It is not reasonable to suppose that the laity should know as much regarding disease as one whose business is to cope with it. The physician, though frequently sadly deficient in ability, has ready access to knowledge which you have not—and in diphtheria immediate attention is desired and necessary.

If I could send one of those whom I have personally trained in my methods to treat these cases of diphtheria, I certainly should not advise you to call a doctor. But this is out of the question, and as it is, I do advise it.

It may be, though, that you cannot secure the services of a physician, or it may be it will be some time before he can arrive. In this event, the following is a decidedly effectual and thoroughly rational treatment to adopt.

But before I give directions for treating the disease I would better tell what it is, so the treatment will be more intelligible.

Diphtheria is an affection of the throat, involving the surrounding glands, characterized by exudation, glandular enlargement, fever, albuminuria, and great prostration of the vital powers. It is highly contagious, occurs epidemically, and is pre-eminently a disease of childhood; its particular lethal tendency is from strangulation.

It is a fact recognized by the medical fraternity that all contagious symptoms vary more or less according to the severity of the attack. The beginning may be characterized only by headache,

slight fever, languor, faulty appetite, slight sore throat with consequent painful deglutition, stiffness of the neck, etc. Again, it may be ushered in very abruptly, with chills, great febrile reaction (the temperature reaching 103 to 105 F.), loss of strength, aching limbs, and such general debility as to compel the patient to immediately seek his bed. The appetite is lacking, the breath foul, tongue coated, pulse soon becoming either too rapid or too slow, and, in either case, rather weak. The urine is scanty and highly colored; the bowels may either remain regular or become slightly relaxed. A false membrane forms on the tonsils, uvula, and throat. There is a constant hawking in an endeavor to clear the throat.

There are quite likely to be other troubles follow diphtheria which would not occur unless brought on by the disease. The most frequent of these is what is known as pharangeal paralysis. This affliction prevents swallowing, the fluids regurgitating through the nose. Then there is what is known as cardiac paralysis. In this difficulty the pulse descends to even as low as 20 beats per minute. The average is about 45 to 50, however. Again, the paralysis may affect the muscles of the eyes, causing cross-eyedness. It may affect one side, the legs, or the bladder.

The closing of the throat is the particular difficulty which is to be avoided, and, this being the case, affords a basis from which to work. The trachea (windpipe, described in the anatomy of this volume) is a cartilaginous canal leading from the epiglottis to the lungs. It is lined with mucous membrane and surrounded by muscles. The nerves which control these muscles are very sensitive, and, therefore, easily affected. There is a growth of a peculiar substance in the top and down the sides of the trachea. This is very rapid and persistent, stubbornly resisting treatment. It is so very rapid, indeed, that death is often caused by strangulation. Intubation is frequently resorted to to keep the air passage open.

There are two distinct, and yet closely allied, agents which are tending to close the air passage to the lungs, thus producing death. One of the serious mistakes which physicians frequently make in treating this disease is to attempt to overcome the growth while ignoring the nervous constriction. As a consequence death is very likely to be caused by the very remedial agent employed to arrest the growth. As I stated, the nerves controlling the action of the muscles surrounding the trachea are highly sensitive. This being

the case, it frequently occurs that applications are made, or medicines given, to arrest the growth in the throat which so irritate these nerves as to cause them to contract, thus effectually closing the trachea and causing death by strangulation—the very thing which the physician was blindly attempting to prevent.

What is this growth which appears in the throat? All who intend treating this disease, or, rather, who desire to be prepared to meet an emergency in case it should arise, should thoroughly understand it so as to apply treatment intelligently. Therefore I shall describe to you this exudation which tends to close the passage to the lungs, thus preventing the ingress and egress of sufficient air to sustain life. During health there is a slight exudation from the membranous lining of the trachea, which is just sufficient to keep that canal moist. When the disease begins the secretion is increased, and is not of its normal consistency; it is tough, and adheres to the membrane, forming in layers from beneath. This forms very rapidly, and is exceedingly persistent.

If this was the only thing with which it was necessary to deal there would not be any particular difficulty; but the nervous constriction, fever, etc., place an entirely different phase on the matter.

There are many remedies which would readily overcome the growth if it was the only thing to consider, but which are positively harmful, as they irritate the nerves controlling the muscles around the trachea, and, therefore, cannot be used.

Fever is always present, generally ranging from 100 to 103 degrees, Fahrenheit, and this, too, is an important feature in applying treatment; applications which would be excellent to overcome the growth, and still soothe the nervous condition, would be dangerous because of the fever. Therefore the presence of fever must be taken into consideration in giving treatment. I think that any one can now readily understand why the treatment which I shall prescribe is the proper thing.

The very first thing to be done is to ascertain the condition of the feet; are they cold and clammy, or are they warm and comfortable? I think I am safe in saying that in the majority of cases the former condition will be found. If they are so, then they must receive attention. They should be wrapped in a nice, warm flannel, and a couple of hot-water bottles placed to them. If hot-water bottles are not at hand, use bricks or flat irons, wrapping them in old

cloths to prevent burning either the patient or the bedding. Perhaps it would be well to rub them well with olive oil first. But, remember, the olive oil must only be used on the feet, for there is fever, and oil must not be used where fever is present.

The next step will be to place the throat and chest, even including the abdomen, in a cold compress. This will soon relieve the trouble and the patient will be easier. The compress should be continued for about fifteen or twenty minutes, and then repeated if necessary in a couple of hours.

The growth is the next thing to receive treatment. The mouth and throat should be washed with some antiseptic soluion. There are a great many, any one of which a physician might use, but in such a case as this I assume that there are not more than two which are of sufficient commonness in the average household to warrant advising them—salt and white wine vinegar.

To apply either of these is a very simple matter, and can be done by any mother. Prepare a swab by wrapping a small stick with soft cloth. If vinegar is to be used, dip the swab in the liquid and then gently apply it to the mouth and throat. If salt is to be used, make a moderately mild solution by adding salt to tepid water. But perhaps the first thing would be to get the right kind of water. Soft water is preferable, and it should be boiled for about three minutes and then strained through a perfectly clean cloth (hard water will do). Do not make the solution too severe. Apply the same as the vinegar.

The fever can readily be reduced by placing a cold compress to the head and chest. But always be sure the feet are nice and warm before applying these compresses. This is imperative.

This is about all that can be done until the physician arrives, and, as I said at first, one should be called just as soon as it is learned that the disease is diphtheria.

I have no hesitancy in recommending this procedure to be followed until the physician arrives, and in cases where it is employed he will find his patient in as good condition as could be expected.

It is wise to have on hand a supply of the tissue elements for diphtheria and if a physician cannot be summoned, use them vigorously.

CHAPTER XIII

PNEUMONIA

Pneumonia has been in the past—and is to a certain extent yet—supposed to be fatal, particularly from apnoea, or asphyxiation, although this is erroneous. The things which are most to be dreaded are heart failure and nervous collapse. It is, of course, a disease which manifests itself in an attack on the lungs; but the lethal tendency is directed against the general nervous system. This is evidently the thing which requires most attention, then, instead of applying treatment directly to the lungs, as the average medical man does.

Pneumonia surely is slightly infectious, and should be considered as such and precautionary measures adopted. All expectoration should be collected on a piece of cloth provided for the purpose and then burned.

The method of treatment which I shall prescribe is such as is meeting with more and more favor by some of the most noted specialists of the day, and is being adopted by the various hospitals, polyclinics, etc., all over the world. It will differ somewhat from their method, as I have deviated in some instances where I have found variations more effectual.

The method which I shall prescribe is hydrotherapy, hydriatric therapeutics, or water cure. This is the best and safest method possible, but requires very careful application to secure the desired results. The crisis in pneumonia may appear either at the third, fifth, seventh, or even as late as the ninth day; and this must be remembered when treating it, so as to be prepared to meet it when it comes. As the principal difficulty is in the liability to heart failure and nervous collapse, these are the things to fight against. The temperature, while not of so much importance as was formerly attached to it, must also be very carefully watched, for persistent high fever is an extra tax on the heart energy, as it requires increased action, and it also interferes with the patient's comfort—a thing to be avoided. If the temperature exceeds 102 Fahrenheit it should receive attention.

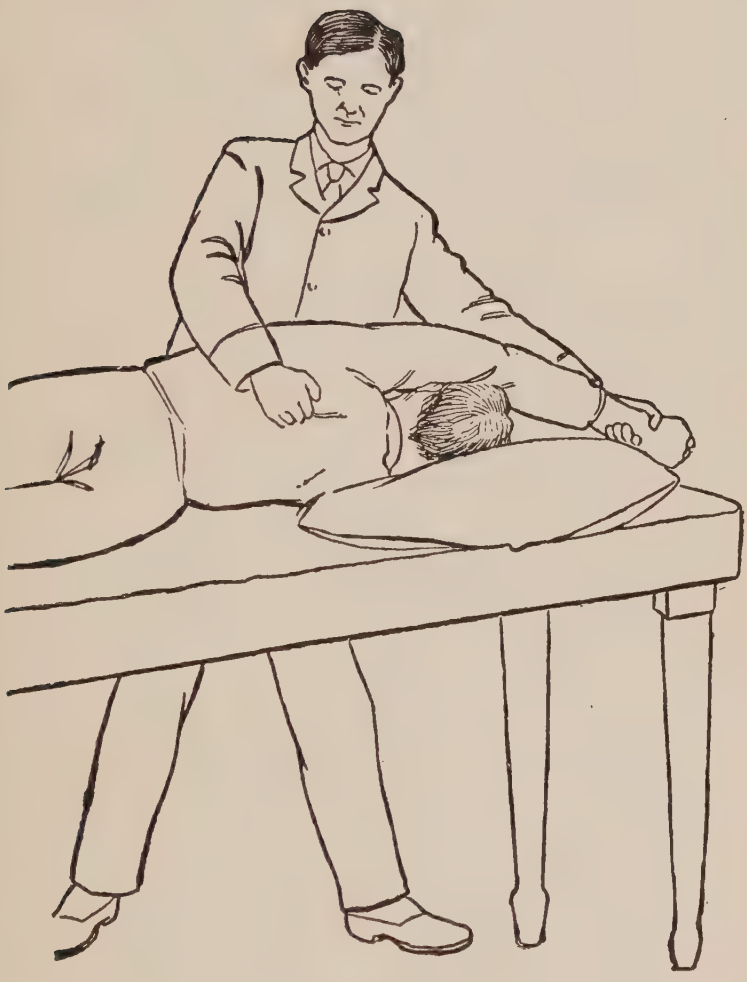


Illustration No. 6.

Arm Extension and Shoulder Treatment.

Coal-tar derivatives were the antifebrile (against fever—to reduce temperature) remedies invariably used a few years ago. This method, while not yet altogether abandoned, is rapidly becoming obsolete. The best antipyretic (to reduce temperature) remedy, and yet one which does not disturb the patient—which is the objection to most hydriatric methods—is as follows: Place a hot-water bottle to the feet—and when I say hot, that is just what is meant, hot! Then apply a cold compress to the base of the brain, changing as soon as it becomes the least heated. There is but one objection to this method, and that is the temperature is liable to fall too rapidly. This can easily be avoided, however, by simply using the treatment with less vigor when it is seen that it is becoming too potent.

Of course, it is absolutely necessary that those who care for pneumonia cases have clinical thermometers. The temperature should be taken every three or four hours as long as the fever lasts, and when being reduced by the above method, should be taken frequently. The temperature sometimes runs up as high as 108, or even as high as 110 degrees, but from 102 to 106 degrees is the average. It can be reduced as rapidly as two or three degrees per hour with perfect safety.

But before we proceed farther, let us give attention to a vital portion of the treatment. The room positively must be well ventilated. Keep it well supplied with pure, fresh air, even at the expense of temperature. It is a great mistake to think that patients suffering from pneumonia must not be allowed to breathe a particle of cold air on account of the weakened condition of the lungs. I do not mean to say that cold air is desirable; but when it must either be cold or impure, choose the cold and pure by all means. Pure air, and lots of it, must be the watchword.

There may come a crisis at any time in a case of this kind, and it is then necessary to use very vigorous means, indeed. The temperature may, at any time after the third day, be found very high, and the overburdened heart unequal to the task it is attempting to perform. It is working too hard, and unless relieved, and right away, too, it will soon become exhausted and cease its efforts.

What to do under such circumstances, and before it is possible to secure a physician, is of vital importance. The skillful use of cold water is now imperative, and the person using it must not only

employ cold water, but good judgment and common sense. First see that the hot applications have been carefully placed to the feet—a hot fomentation well up to the knees—and preceded by a sponging with hot vinegar. Then have a bowl of cold water ready and two cloths about the size of a gentleman's handkerchief. Fold these to about six inches square and place in the cold water. Wring one of them out and lay it over the heart next to the skin. Then place over this, between it and the patient's gown, an ordinary towel to protect the clothing from the moisture.

Relief is almost instantaneous, and perhaps five minutes or even sooner in some cases, after the second compress is applied, the pulse beats will be found much nearer normal. In two acute cases I have applied these compresses every two minutes for six or eight times, and, I believe, thus saved my patients from disastrous results. There may be serious danger in applying a large compress in this way and changing it too frequently, but a linen handkerchief is comparatively safe.

One of the things to be done is to prepare the vitality for the collapse, which is sure to occur after the breaking of the fever. Pneumonia patients are very hard to induce to take nourishment. If caution is not exercised, the collapse finds them so weak as to be unable to withstand it. Nothing but liquid nourishment should be given while the case is serious; milk is an excellent thing, but malted milk is preferable, because it contains more nutriment and is more readily assimilated. It probably will not be possible to get the patient to take more than a few swallows at a time, but it should be repeated every two hours or so.

The feet should receive very careful attention; they should be kept moist and warm. If they become dry or cold, or both, they should immediately be bathed with acetic acid and made very warm. This acetic-acid bath should be continued even to the whole body, as it will open the pores and keep the eliminating process vigorous, thus maintaining the general vitality.

When the patient is able to get up and take a little exercise he is liable to be slightly injudicious, and this is one of the worst things, as a relapse is much more to be dreaded than the original attack. Little, insignificant (or, rather, what would be so at other times) exposures may cause the most direful results.

The principal points can be simmered down to the following: Keep the temperature of the room at about 70 degrees, Fahren-

heit; keep it well ventilated (be particularly careful in regard to this), even at the expense of heat. This is one of the most important features in effecting a cure. Keep the feet well warmed with hot-water bottles, flat irons, or flannels. Have everything just as quiet as possible, and in no case permit the patient to be disturbed by solicitous friends. Then, when the fever reaches a point much above 100 degrees, Fahrenheit, apply increased heat to the feet and a cold compress to the head, being very careful to reduce the temperature slowly enough. Maintain the vitality by administering liquid nutriment. Of course, a little milk toast, a soft egg, or a very little baked potato may be given as the patient convalesces. The appetite is liable to be slightly too vigorous during this period, but too much food should not be taken into the stomach at once, nourishment being given oftener, if desired.

After the disease is conquered and the patient is again strong, he should practice the Home Health Club methods for increasing and strengthening the lung power. (These are described in Vol. I. in the chapter entitled "Ten Minutes for Health.") If this is done each morning and evening for a few weeks the lungs can be built up so as to prevent such attacks in the future. The fact is that if he had done this before, the illness might have been avoided.

Each individual case will require careful study, and treatment must be adapted to conditions. Judiciously used, the cold-water treatment will reduce the mortality in cases of pneumonia to a smaller per cent. than has ever been supposed possible, and make it a disease little to be feared by the Home Health Club members.

CHAPTER XIV

BRONCHITIS

The relationship between the lungs and the rest of the breathing apparatus is so close that diseases or disorders affecting one portion may involve all of the others. Bronchitis is one of the troubles from which a great many people suffer, and not a few die, and yet it is a condition easily relieved by the most simple remedy imaginable, and one which may be had in the most humble home in America.

An acute attack is usually preceded by a chilly sensation, at first affecting only the spine, but gradually extending over all the body until a decidedly uncomfortable feeling is manifest, and no amount of extra clothing seems to restore warmth and comfortable feeling; even going to bed and piling on an extra blanket is of no avail. Probably two things have conspired to bring on this feeling of chilliness and uncomfortableness. One is that you have been fatigued, and, while weary, you have been exposed to cold. The skin has ceased to perform its proper share of work in the bodily system, and the overwork thrown upon the lungs because of this has damaged them and they cease to do what they otherwise would.

There is a remarkable provision in the function of certain organs by what is called "an effort of nature" to remedy this state of things. The blood which is not freed, as it is required to be, of used-up matter acts as a stimulant on the heart and the pulse is at once quickened and increased in the force of its motion. The rapid circulation soon produces heat over all the body, and if natural perspiration were restored by this, all would soon be right again; but the pores have so lost their natural action that they still refuse to act, the circulation becoming worse instead of better. More work still is required of the lungs and the tubes that lead from them, and that work they are unable to perform. The unpurified blood lodges in their tender vessels, and if this goes on long, breathing becomes very difficult, or impossible, and death is the speedy issue.

What should be done? The answer depends upon the stage at which the disease has arrived when you are made aware of its presence. If the chilly and uncomfortable symptom has only begun to be felt when you may act upon it, reason says that you have only to restore the lost action of the skin. As yet neither lungs nor heart are complaining, so to speak, and you need not mind them. But the skin is rebelling and the vital system is uttering its complaint through the skin. The shiver, if you have it, is almost assuredly a complaint of the vital system which lies chiefly along either side of the spine. You should see to it that the skin's action is at once restored there. Sponge up and down the back, first with hot soap and water; quickly, dry this, and then sponge or rub with hot vinegar; dry this and rub quickly and gently with hot olive oil. Get to bed, and, if comfortable, nothing else will be required. This is when the first indication of the malady is observed. Most people know how important it is that the first hint should be acted upon, but few act promptly. Hence it is with some after stage that people have to deal, assuming that the breathing has become painful and the chest internally sore. As yet fever may not have appeared, though probably it is not far off. If it is not yet manifest, and the sufferer is cool, rather than hot, in the skin, there should be prompt action for the relief of the organs of the chest. This can be easily and quickly done.

Before saying how, it may be well to remember that when the fever has come and in a measure has spent itself, even while there is great danger, the same action will give relief and restore the patient which would have done so before the fever had set in. Many a child has been laid on its mother's knee to die when the doctors had held their consultation and gone away, saying they could do no more, and yet they have been completely placed beyond danger by the simple application which should have been used before the fever had developed. In such cases the fever has spent itself, and there is only the labored and shortened breathing to tell the true condition. In all cases where the patient is said to be "sinking" proceed as follows: Get a supply of rough bran in a good-sized basin; an ordinary-sized stocking if nothing better can conveniently be had, tied a foot or more from the top, will make a bag about the right size for use on a child. Now pour a little boiling water over the bran, mixing it until it is about saturated, but not so wet that the water will ooze when the poultice is

Illustration No. 7.

Raising the Clavicle, second method.

squeezed. If you have no bran, oatmeal made into porridge may do, and it may be well in either case to have a little cayenne or mustard mixed with the bran or meal. Having this poultice ready in the stocking, rub the back between the shoulders with the olive oil and place the poultice along the spine between the shoulders. Let the patient lie down upon it as soon as the heat will allow.

Now take a towel wrung out of cold water and place it over the chest. Press this gently but constantly with the hand, moving over the breast, so as to bring cold into the breathing organs in front while heat is affecting the roots of their nerves from behind. This twofold treatment will tell instantly in giving a more comfortable feeling to the sufferer. Change the cold compress as often as necessary. As a rule the average medical man will emphatically object to this, while he will, perhaps, agree to a hot poultice both back and front. These will so counteract each other that little good will result, while the heat at the back and the cold at the front will tell instantly. A patient will go to the grave with such ignorant handling as that of two hot poultices who would be saved with hot and cold opposed to each other. One hot poultice in front is but a poor remedy, for it is at the back that the lungs and all connected with them can be most easily stimulated. Neither old nor young need suffer one hour from even the worst bronchitis if they can only be treated in this simple but rational way in either of the stages herein referred to. When the heat of the poultice is spent, which will be in about half an hour, take it off—rub the back and chest immediately with hot vinegar, and then with warm olive oil, and cover both with new flannel and let the patient rest for a time. If it should prove needful, repeat the same application. It will seldom be required twice.

But now we must notice the feverish stage. This is most easily dealt with of all. The skin is hot and the pulse quick and strong. The poor sufferer feels weary and toilworn. All that is required is to wring a large towel out of cold water, fold it so that about four-ply of it may be spread over the breast and stomach and gently pressed, say, for three minutes. It is now hot. Change it for a cold one, to be pressed in the same way. Continue changing until the pulse is lowered and the feverishness reduced. Rub the patient carefully with vinegar, not heated, and use no olive oil now. That should never be used when fever is on, as it inevitably increases

the fever. Let the patient rest as cool as may be for a time. If the fever returns again proceed in the same manner. When it is gone, or nearly so, use the poultice if the breathing or coughing is still troublesome. By these means it is not at all difficult to deal with this dangerous disease. If blisters and croton oil, or any such things, are applied, the probability of life is lessened and not increased; but no harm can, by any possibility, come by anything herein described. The idea in all of these articles is to limit the remedies sacredly to those methods by which no risk whatever is run.

CHAPTER XV

PLEURISY

MECHANO-THERAPEUTIC TREATMENT

The affection of pleurisy, or pleuritis, is an inflammation of the pleura. The pleura is the membranous lining of the chest and covering of the lungs.

The trouble may have one or several or a combination of causes, inasmuch as there are several kinds of the disease. There is the idiopathic (the disease proper), and then there is pleuritis as a complication of some other trouble, such as pericarditis (inflammation of the pericardium), scarletina, measles, Bright's disease, pneumonia, variola, etc., and there are some few cases where acute pleurisy is the result of tubercular infection, and also of alcoholism.

Idiopathic pleurisy is caused by exposure or an injury. The latter, however, is hardly correct, as it would then be a result of another abnormal condition. It may also seem rather questionable to some to say that pleuritis is the result of exposure. Of course, I am speaking of the idiopathic disease, and not of a complication. A great many are confident they have seen various cases where there had been no exposure, and yet severe pleuritis resulted.

A great many cases are contracted even while the patient is sitting toasting his feet before a fire. But this does not change the exposure clause in the least. That door or window which was open, allowing a cold draught to strike him, was not taken into consideration.

A great many are chagrined to find they have contracted cases of pleurisy after having been out in the cold; they have taken unusual precautions, and cannot understand why they should have this ill result. Let us investigate.

If people knew better how to protect themselves it would be a hard row, indeed, for the doctors to hoe. Numerous people wear what they are pleased to term chest protectors. All of us know

how they are constructed; they are a protection merely for a small portion of the chest, and just where protection is least needed.

The question now is: Does this little article protect one from exposure which would be likely to affect the pleura? The pleura does not require nearly so much protection where this article lies as it does elsewhere. This membrane is much nearer the surface at the sides and under the shoulder blades than in the chest.

This is the reason why some persons are so chagrined to find that, although they have taken the precaution to wear a chest protector, they have contracted a severe case of the difficulty now under consideration. This cold causes congestion, after which the pleura relaxes, thus permitting a gorging of the blood vessels which would not otherwise occur. This causes excessive heat and inflammation. The affection may be of only a portion, or of one entire side, or both.

The remedies usually prescribed are blisterings of some sort, probably mustard or cantharides. Bromide of potassium is also frequently prescribed for this trouble. But I should consider these remedies rather injurious than otherwise.

There is a simple remedy which is as nearly infallible as any remedy can well be, and it has the additional merit of being very simple and harmless. The condition existing in pleurisy after the trouble is fully established is excessive heat in the region affected, and that which needs to be done is to overcome this.

The patient whom we are to treat is in bed and suffering intense pain; the respiration is short, weak, and rapid—reaching thirty-five per minute, perhaps—the pulse is rapid, but small; a slight fever; a continuous coughing, producing great distress. As the patient lies flat on his back, we know both sides are affected.

The back and the whole of the upper portion of the chest are thoroughly washed with vinegar. Then a flannel blanket of sufficient size to fold into four-ply, and yet be large enough to cover the entire back and chest, is secured. This is wrung out of cold water and gently placed in position, being tenderly pressed down upon the surface. It is rather surprising how quickly this becomes heated, as it was not realized how much heat really was there. But there is another flannel all ready to replace this one as soon as it becomes the least heated. It is now placed on and gently pressed to the skin, the one just removed being placed in fresh cold water. This process is continued until all of the pain disappears.

This is not all that is necessary, however. If this, and this alone, should be used in every case, I fear there would be much cause for regret.

It frequently occurs that there is a greater drain placed on the general heat of the body by this cooling than can be withstood. It then becomes necessary to overcome this without even modifying the good work that is being done.

To accomplish this a hot fomentation to the feet is necessary. Secure a large flannel blanket and prepare this according to the directions frequently given in this department and apply it to the feet and legs up to the knees. By keeping up this fomentation the vital heat is supplied to the body and the cooling process, for the relief of the pain of the pleuritis, goes on without interruption, performing its mission faithfully.

As soon as the pain is relieved the patient will probably doze off into a quiet sleep, and will secure some much-needed rest. When he awakens there may be a slight return of the pain. If there is, simply repeat the treatment; it will not take nearly so long this time. Two or three applications will be all that is necessary.

Now that it has been learned how to treat disease successfully, let us look at some of the interesting features. Laymen are frequently struck dumb with amazement and terror by one peculiar feature of this disease. He is carefully watching a case, when, to his horror, he notices the heart pulsations to the right of the sternum. To the average layman this seems an absolute impossibility. In another case the pulsations may be noticed just as much out of their natural position, only to the left.

This is explained as follows: In the beginning of this disease, or the first stage, there is merely a hyperaemia (presence of excessive blood) of the pleura, with slight exudation. Then, in the second stage, there is increased exudation of a grayish color, completely covering the membrane and giving it a shaggy appearance. In the third stage there is a copious exudation of a semi-fibrinous, glutinous substance of an adhesive nature. This coagulates as the aqueous portion absorbs, filling the pleural cavity, and even distending it.

If the affection is located on the left side, this distension forces the heart from its position, even so far, in some cases, as before explained, as to place it to the right of the sternum. If the affection be of the right side the heart is forced to the left.

By the method of treatment herein given there are few cases of pleurisy which cannot be readily overcome. I have seen this method of treatment effect a speedy and absolute cure where everything else had failed and the sufferer had been given up to die.

CHAPTER XVI

PLEURISY

OSTEOPATHIC TREATMENT

The pleura is the membrane which incloses the lungs and lines the internal surface of the chest walls. Thus it will be seen that there are two layers, and between these we find a small quantity of fluid which facilitates the movements of these layers when we breathe.

The disease of pleurisy, which is an inflammation of these membranes, may be divided into dry or adhesive pleurisy, and moist, or pleurisy with effusion or fluid exudate. We may also divide it into the acute and chronic forms.

There are no special symptoms which would indicate an approaching attack, but the disease usually begins with a chill, followed by a fever and a severe pain in the side. The pain is the most distressing symptom, and is usually located in the nipple line, or farther around on the side. We must not overlook the fact that in pleurisy pain may be found in the abdomen or low down in the back, particularly when the lower side of the membrane is involved. The pain is sharp and severe, and is aggravated by coughing. The fever rises rapidly to 102 or 103 degrees, which is about the average. The temperature may drop to the normal at the end of a week or ten days, or may persist for several weeks. Cough is an early symptom in the acute form of the disease, but there are instances where it is absent. The expectoration is usually slight in amount, and occasionally streaked with blood. At first there will be difficulty in breathing.

The normal movements on the affected side are deficient, and there will even be some degree of immobility and the spaces between the ribs may be obliterated.

There are many forms of this disease, which makes it a more serious condition, but they can often be cut short if the proper means are resorted to in the early attack.

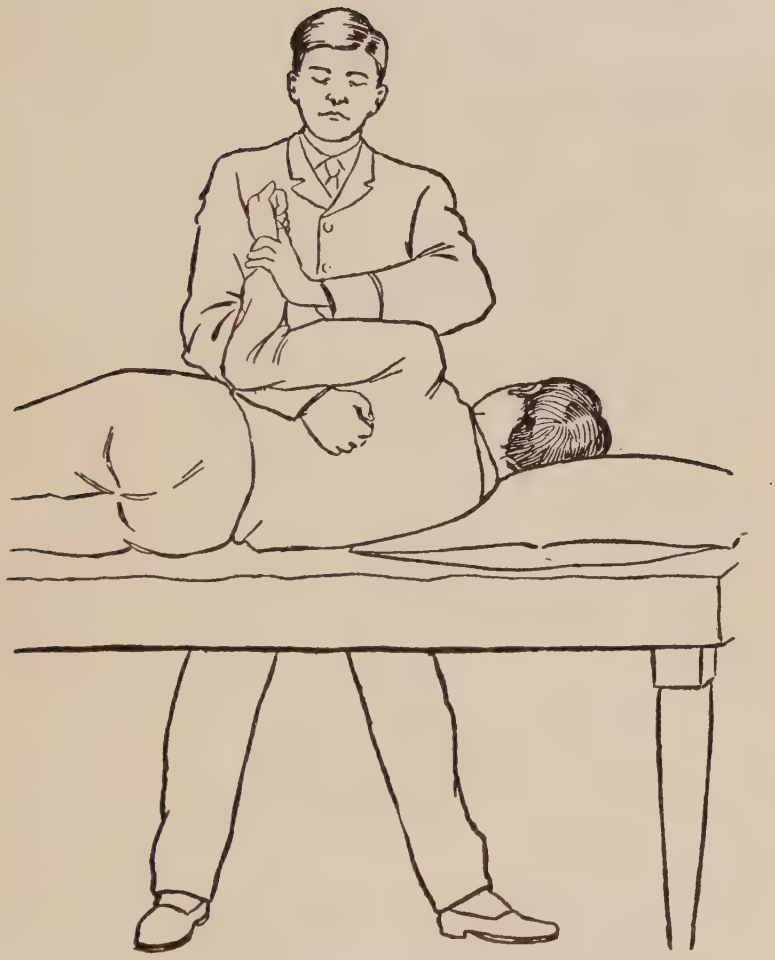


Illustration No. 8.

Finish of Arm Extension and Shoulder Treatment.

Chronic pleurisy occurs in two forms: (1) Chronic pleurisy with effusion, which may come on gradually, and in which the liquid exists for months without undergoing any special change and without forming pus. (2) Chronic dry pleurisy, which follows ordinary pleurisy when the exudate is absorbed and the layers of the membrane come together and there is left between them a variable amount of material, which gradually forms a layer of tissue between the layers of the membrane, which very often causes a dragging pain in the lower part of the chest or a "stitch" in the side.

Dry pleurisy often follows the acute form, and, following this, the layers of the pleura may grow together, forming what are known as adhesions. The adhesions are very common, and it is rare to examine a body entirely free from them. They will at times interfere with breathing. One side of the chest often expands more than the other. Let us now consider the treatment of this affection. The common cause of this disease—exposure and catching cold, or accidental injury—will suggest the treatment, as they first produce contraction of the muscles of the chest, which narrows the spaces between the ribs, and in turn causes pressure on the nerves in that region. The exposure to cold or the injury will at first cause an increased flow of blood to that part, and this in turn will cause the effusion of liquid exudate.

The severe pain is due to pressure upon nerves, and we must first relieve this pressure. This can best be done by the manipulation known as "raising the ribs," as described in the chapter on asthma. This procedure will also relieve the congestion in the veins which was caused by the contraction of the muscles.

In an acute attack the patient should be put to bed and should receive such a diet as the following: Eggs, dry bread, and liquid in small quantities in the form of milk or water. Meat may be given if there is no fever.

The bowels and kidneys should be given careful treatment, that they may be kept active and aid in elimination. Abdominal manipulation will accomplish this result by stimulating intestinal activity, and, as has often been demonstrated, it proves the best diuretic known, or, in other words, it causes an increased flow of urine.

In cases where fever is present it may be reduced by osteopathic manipulation of the nerves in the neck, or by bathing the extremities,

and the chest and abdomen if necessary, using cold water and drying immediately after each part has been sponged.

Where a case resists the usual measures for relief, it may be necessary to remove fluid from the chest by a simple surgical operation in order to obtain relief. This is usually indicated when there is difficult breathing after the first few days.

We can often trace the course of the nerve back to its origin from where the pain or stitch is produced and remove the irritation by manipulation in that part. The disturbance is in the sympathetic or phrenic nerves, coming through the intercostal nerves which govern these parts.

By removing obstructions to the intercostal arteries by "raising the ribs" the fluid exudate may be prevented. Packs of ice over the affected parts may assist in relieving pain.

In cases of pleurisy pain will often be found by pressure under the arm and in the neck on the affected side, due to an innervation of the nerves in this region, which pass down to supply the lungs and pleura. Manipulations to stretch the muscles surrounding these nerves will relieve this pain and aid in curing the disease.

L. M. ELLIS, M. D., D. O.

CHAPTER XVII

CONSUMPTION AND SUNLIGHT

The common sense method will always be the popular one with the majority of thinking men and women of all ages. The hocus-pocus of many self-advertised men, who claim to have discovered some mysterious agent whereby they are enabled to cure consumption in any and all stages, will not stand the test of legitimate trial. Millions of dollars are expended annually by all classes in the vain attempt to secure immunity from the ravages of the dread disease.

It has remained for the Home Health club to let in God's sunlight upon all these vain tricks and nostrums, and lay bare to all people not only the fraud, but the real, the potent, the mightiest power in the world for an absolute and perfect cure.

Not that I claim to have discovered a new panacea, nor that I am the first to point out the God-given cure, but that as one of the most powerful educational factors of the present day it is not only my duty but my delight to make this knowledge universal.

Now I might tell you, in three words, the whole secret of the cure for many cases. It has been told thousands of times before, and with what result?

The suffering ones kept on suffering, and the loving ones kept on loving, and spending all of their earnings for nostrums, but the afflicted ones passed away. Why do you stand idly, helplessly by, wringing your hands in impotent despair, while your loved ones are slowly but surely dying, and the means of salvation are right at your window?

I will tell you why. Simply because a teacher has not heretofore appeared who would sit down by your side and in an earnest, honest, gentle, yet magnetically forceful way, point out to you in such a manner that there is no disputing in your mind the true method of cure.

The human mind is a curious thing, worthy of deep study, hard to analyze, and yet easily influenced under the right direction of logic. You yourself know that if I was to tell you, in an abrupt, harsh manner, and in a few terse words, how to treat lung and

throat diseases, you would resent such advice, and go to the doctor who can write the most plausible advertisements.

No matter how many years of patient toil and investigation I might have spent in searching out and proving that my instructions were perfect, you could not grasp, in a few words, what it took me years to learn; you could not see the logic, and you would not follow the advice.

All of this I have written in order to impress upon you, my pupils, the great importance of knowing the why and the wherefore of the simple, yet powerful remedies with which you are on every hand supplied, and how they may be used.

First, however, I will ask you a few questions, and I would like for you, as students of the club, to stop and reason out in your own mind the answers before reading them. Just close your eyes and try it. Let the light in your own mind reason why. Because a lesson once learned in this way is never forgotten. Not only yourself, but your family, your friends, your neighbors, and the generation coming after you, will all be benefited by knowledge that is once thus permanently fixed in your mind.

These are the questions: Why is it that Colorado, New Mexico, Arizona, and parts of California have been the Mecca for all American consumptives during so many years?

Why is it that France and Italy have been the objective point of those similarly afflicted in European countries?

Now, many of you will at once eagerly answer that it is because of the high altitude and pure air, and I grant you that such has been the explanation given by physicians in general; but why is the air in this high altitude so much purer than in any other place?

I will tell you, and in telling you this I tell you the sum and substance of the most effective therapeutic agent known to humanity.

Sunshine! sunshine!! sunshine!!! Yes, sunshine, God's greatest gift to man, and without which he could not exist long. Artificial light? Yes, we could use it for a time, but what is it? Simply stored-up sunshine, and without a continuance of the ever-living sun the supply which has been extracted from nature's storehouse by the ingenuity of man would soon all be exhausted. And what then? Plant life would die and animal life would quickly follow.

Open, then, your dark, dingy, stuffy-smelling parlors, your back bedrooms, and let in the sunshine. What if it does fade the

pretty carpets; the beautiful colors will be transferred to the pale, sallow cheeks of your darling one. You can do without carpet much more easily than you can do without your children, your husband, or wife, or father or mother. In fact, I am convinced that carpets, unless frequently taken up and cleaned, are a great menace to health, and should not be nailed to the floor. Use rugs and let them be aired and dusted frequently. The old carpet could be easily taken up and made into rugs, the border of the floor painted, and a much more hospitable and homelike appearance given to your rooms. The dust and disease from every chance caller is not then allowed to collect and increase from month to month, until finally a grand onslaught is made at the annual round-up of house cleaning, after which everybody has a sore throat, and mother is in bed for a week, while all join heartily in the wish that the trial may never come again.

Sunshine is free to all people, rich and poor. All may not share equally in its continuous rays, because all cannot go to sunny France or Italy, Colorado, or the other places, where the sun shines almost daily the year round, but any human being of ordinary intelligence can, if he will, successfully use the three elements best suited to the cure of consumption, or any lung or throat disease: Air, water, and sunshine.

How to use these three agents, together with the medicinal and dietetic aids, I will try to make plain.

I have said that sunshine is one of the most powerful therapeutic agents known to humanity. This is true, but not everybody knows the depth and breadth of the statement as it refers to consumption.

The germs of tuberculosis are the product of darkness—they cannot live in the broad, open light of day—they hide away in the unused, unexercised, undeveloped portions of the lungs and tissues, where the living, pure, life-giving air, laden with sunshine, is not allowed to disturb their work of destruction. But they can be driven out of the innermost recesses.

Tuberculosis of the bones has many times been pronounced incurable, and many an arm or leg has been amputated in the vain hope of saving the rest of the body from the ravages of the disease. Not only the limb, but the life, might have been saved had the proper use of the three elements been fully understood and applied.

Now, you will ask, how can air, water, or sunshine be applied to the diseased bones? Shall the flesh be laid open and their surface exposed? No, such a proceeding is entirely unnecessary. Science has taught us how to so concentrate the sun's rays that they penetrate to the innermost recesses of the human body. In fact, the rays of light from a number of electric lamps (simply stored sunshine), will shed their beneficent effect upon every atom of the human body. Many a boy has amused himself by concentrating the sun's rays by means of a watch crystal, to such an extent as to set fire to pieces of paper and dry twigs. My own first observation of the power of concentrated sunshine was made when quite a small boy. Another, and older, boy taught me the lesson by concentrating the rays upon the back of my hand. A severe burn was the result.

Recent experiment has shown that ordinary sunlight will penetrate the thickest part of the human body. A photographic plate is placed with the sensitized side against a developed negative on one side of the body, and so covered that no light can possibly reach it except through both the body and the developed negative; then the nude portion of the body on the opposite side is exposed to the direct rays of the sun. The rays will penetrate sufficiently to reproduce the picture of the developed negative upon the other plate. What more convincing proof could be given?

But, you will ask, how can a person secure the sunshine in all portions of the body? One may not go without clothing, true, and it is not necessary; but there are none of you so poor that you cannot have a room so arranged that whenever the sun is shining its rays will come in without let or hindrance. And the nude body can be placed in the life-giving sunshine for an hour at least every day.

In order to thoroughly test the practical value of this theory myself, I had a small room constructed so that its height and width were only four feet each, while its length was a little over six feet. I lined it inside with bright reflectors and then placed on the side walls, ceiling, and floor, fifty-four incandescent electric lights. I then had a narrow bed of heavy plate glass made, upon which a person could lie at full length. The frame of the bed was light and strong, and was easily pushed in and out of the room upon castors, even when a heavy person was upon it.

I so arranged the lights as to increase or decrease the intensity

of the heat by turning out any number of them I desired from the outside.

By placing the nude body of a patient upon the glass bed inside the room I could close curtains round the neck and keep the head outside; and as the lights were then on all sides of the body at once, the effect was almost magical.

People who had suffered from insomnia for many weary months, or even years, would, as a rule, receive a long, refreshing, dreamless night's sleep; rheumatic pains of an inflammatory nature yielded readily and soon disappeared, although Mechano-Therapy was always used the following day. But the most satisfactory results were obtained in tuberculosis. The light seemed to penetrate to all of the dark recesses of the body and to drive out the bacilli; and even in cases that had been pronounced hopeless, improvement began in a short time.

One of the worst cases of tuberculosis that had yet been treated was on a boy aged fourteen years, and was one of the kind known as tuberculosis of the bones. In several places the bones had necrosed, or died, and come out of the discharging ulcers. Some medication was used in this case, but not a great deal. The light bath and fomentations, antiseptic dressings, and a well-regulated and generous diet was the routine for six months. There was still some swelling in the right leg and considerable hardened tissue. The entire swelled portion was bandaged in a medicated plaster of clay, which was renewed daily, and at about the end of the eighth month the cure was pronounced complete. The lad was then as hearty and robust-looking as most boys of his age.

I am convinced that if the majority of cases of consumption or tuberculosis could, at the proper time, be subjected to either sufficient pure air, water and sunshine, the cure would be complete. All would not require exactly the same regime. There are cases that are just starting—a young boy or girl—always strong and robust, but after a few years in school the cheeks are pale and thin. The doctor says it is consumption. In such cases a trip to a warm climate might prove fatal, while a year in a colder climate, "roughing it," romping outdoors, life in a lumberman's camp for the boys and skating, tobogganing, rowing, fishing, swimming, tennis for the girls would soon bring back the roses. But, on the other hand, suppose the patient has always been delicate and a decline seems to

be coming on and it is pronounced consumption. In such cases the sunshine of Colorado, Arizona, New Mexico, and Texas must be the place, unless one prefers to adopt the artificial or electric light and have it applied by those skilled in its use and effects. But in any event, whether sick or well, take sunshine, whether North, South, East, or West—get all you can of it, for it is life and health and strength, while dark, gloomy, stuffy rooms are disease and death. How nature's forces may be aided and abetted by other natural and powerful means of cure is told in the chapters which follow.

CHAPTER XVIII

CONSUMPTION AND HEREDITY

Let us view the matter of consumption from the standpoint of heredity. Study it carefully; remember, if you can, all of the cases that have come under your personal observation in which it is claimed that the disease was inherited. Few, indeed, will you find where it cannot be said that some ancestor, no matter how remotely removed, has died of consumption. Let me tell you something, and I want to say it so emphatically that it will make you jump: It is false! The disease is not inherited. The reason why you can so readily trace it back is that the percentage of deaths from that cause is so large.

But if you will again observe you will find many cases where a father or a mother, possibly both, have died of consumption, and there is no trace of it in their children, nor their children's children. Again comes the query, Why? Simply because the death of one or both parents changed the mode of living for the rest of the family; they moved away from the unhealthful home previously owned. New atmosphere, diet, and environment brought robust health; and, while every one of those children may have inherited the dainty, delicate constitution of their beautiful mother, they developed into hardy manhood and womanhood.

A majority of those in whom the hereditary tendency to consumption is most marked are beautiful. The outlines of the figure are daintily delicate and almost perfect; the complexion is sometimes clear and rich; the eyes large and expressive; hair very abundant; a fine organism; but, as the fond parents sadly say: "Too near perfection for this world"—and the dear loved one is permitted to go to the realms above.

Let me tell you, fond parents, if the beautiful child is taken before a full, complete life is rounded out, it is because some one is caring for it in almost criminal ignorance of the demands of such a finely organized nature.

Let me tell you again. I knew a handsome young man—high

Illustration No. 9.

Chest Expansion—Assistant Aiding.

strung, energetic, nervous, active in business, and universally liked. It was said he had inherited consumption, and he thought he must do his share of the work of the world in the short life that was allotted to him. He hesitated to marry, but finally did. At 25 his health began to fail. Still he toiled on, and the doctors gave him great loads of medicine, until finally they told him there was no hope; he must die. Hemorrhages of the lungs weakened him so that he could no longer work, and finally his plucky wife said: "John, the company is willing to give us passes, and, as you cannot work, let us go to Colorado for a few months and rest in the mountains." They went, and on the way such a severe hemorrhage took place that she despaired of reaching their destination. At the end of the journey another spell came on, and at last John was pronounced dead and preparations were made to ship the body home. But the apparent death was a rest, and John is today a hearty, robust fellow, living almost entirely out of doors and upon fruit and fruit juices. He remains in Colorado and works for the same company that gave him the passes. Twice he returned to the old home in Iowa, and twice he was pronounced dead by attending physicians. Now he will remain in the mountains and live out of doors, where pure air and diet adapted to his sensitive nature can be readily secured.

It is true that heredity influences, to a certain extent, the general appearance, "family likeness," constitution, and tastes; the texture of the skin, size, and shape of the various organs and parts of the body, the thickness or thinness of the membranes, or their resisting power—but there are few pathologists of repute today who will say that the germs of a disease such as consumption are ever transmitted from parent to offspring.

I am convinced that most of my readers will agree with me that while the tendency to disease may be inherited, the disease itself is not, and that change in condition and environment of those who are troubled with weak lungs may cause them to develop into strong, robust people, with many years of life before them.

I once found a young girl and boy, aged respectively 15 and 12 years. Their parents had died of consumption, and their aunt was caring for them. Everything in their surroundings was calculated to favor their early death, if the law of suggestion counts for anything. They were constantly reminded of the disease which car-

ried off their parents and told that they must be very good and religious children, because they, too, would soon die. They were not allowed to romp and play in the dirt, out in the life-giving sunshine, but were coddled and pampered and doctored until their bloodless cheeks pointed them out to the most casual observer as victims of the dread disease. They were all horrified when I suggested that they be given a chance to live—seemed to think it would be flying in the face of Providence and inviting certain doom, to use rational means and throw away the drugs, to eat heartily of good, wholesome food, instead of the dainty sweetmeats. I told the little girl to take in all the breath she could and count ten while exhaling it. She counted three, and said, "Oh, no, it will hurt my lungs; you know, my lungs are so weak." Her aunt believed I was trying to kill her, and warned her not to attempt such a thing again. That such unreasonable ignorance exists is almost incredible.

Right about face! Such children demand and must have sunshine, fresh air, and an abundance of it, as well as rich and nutritious food. Exercises calculated to develop and strengthen the lungs and thoroughly oxygenize the blood must be faithfully practiced daily. Such exercises are described and illustrated in the Home Health club books, and should be familiar to every teacher, parent, nurse, and guardian in the land. Judiciously used, with proper diet and climate, the death rate from consumption would rapidly grow less.

I shall direct attention mostly to the children, although the same methods of treatment will apply to "children who have older grown." In the first place, such children should never be shut up in the house, but, well protected from dampness and all bad weather, should be taught to live out doors almost day and night. If the winter climate is too severe to admit of their sleeping with the windows wide open, then, if you value their lives more than the sacrifices you may be forced to make, move to a more temperate climate. Never shut them up in a room where there is not an abundance of fresh air. If the schoolroom is close and ill-ventilated, then they would better remain at home. They can be given a good general education without once entering the schoolroom, and a strong body is of more value, without the brilliant education, than a vast store of knowledge and a physically wrecked body. An ambitious child will read, observe, and unconsciously absorb from refined associations quite a liberal education, even though it may not be on the line of a collegiate course.

Such children should be encouraged to carry the chest fully expanded, the head erect, and to expand and contract the chest to a great extent; to take pride in running rapidly and easily, with the mouth tightly closed, and to be able to so develop and strengthen their lungs that they will not pant so much as other children. They should be taught that the nose only was made to breathe through, and that the mouth should never be used for that purpose. By proper instruction a person can be taught to breathe through the nose while talking rapidly, or even while singing. Filling the lungs full of air, and, while holding the breath, clenching the fists tightly and counting to certain numbers will rapidly strengthen the lungs and air passages; then allowing the air to escape through the nose so slowly that it makes no noise is very beneficial. This exercise can be practiced by both young and old to great advantage. At the beginning it would not be wise for those having weak lungs to hold the breath over five seconds, as it might induce a fit of coughing that would do more harm than the practice would do good. The time can be increased slowly and gradually from day to day, being content to make a little gain every week. A good method is to lightly grasp a small stick in the hands. Slowly and steadily inhale through the nostrils until the lungs are full; then, while holding the breath, increase the pressure upon the stick by tightening the grasp; relax the hands, and allow the air to slowly escape. The method of performing this exercise is simple, yet very important.

CHAPTER XIX

CONSUMPTION AND OLIVE OIL

An old and highly respected writer and healer who was many years ago laid to rest after a long and useful life, stated in one of his published lectures that there was at one time in Edinburgh a medical man whose practice was largely in one of the wool manufacturing villages, who observed that there were no cases of consumption among the wool workers. He also noticed cases where children of consumptive parents, when taken from other kinds of employment and placed among the wool-workers, were not only able to do their share of the work, but rapidly grew strong and hearty.

This naturally set him to searching for the cause, and he was eventually led to the conclusion that the remarkable increase of vitality was due to the olive oil, which, being freely used in the work, they absorbed. Some of the highest medical authorities then took up the subject, and by observation and experiment reached the same conclusion. As a result hundreds of tender children and young people of consumptive tendencies were made strong and healthy by simply saving their vital force with the liberal use of olive oil. He then went on to say that this method of treatment did not, however, become popular with the high authorities, notwithstanding the marked success of the treatment.

I have seen some people mournfully shake their heads and say in doleful tones: "Well, I have done my part, anyway; I have had the best doctor I could get, and the bills are very great. I always pay promptly, and if my loved ones die I will have no regrets for not having done all I could." And yet they never lift a finger in the right direction, nor try to learn the simplest rules for preventing the trouble or saving the vitality of the sufferer by simple, homely remedies.

To sponge the body of a sickly child each night with warm soft water and soap, rinsing all off, and again sponging with fresh soft water and vinegar, and then give a thorough rubbing with olive oil

is, I admit, quite a bother, but it means life and health and strength for the child and the saving of many anxious days and nights for you, to say nothing of the expense attending a wasting disease like consumption; and I might say that if this treatment were practiced thoroughly, even once per week, it would go far toward giving robust health to the sickly.

The symptom which is the most serious of all in chest diseases is the rapid pulse. It may be that in a particular case there is really little or nothing to indicate that dangerous disease has set in, aside from the rapidity of the heart action, which sometimes runs to 120 beats per minute. Treatment may lower it to 85, but it speedily rises again. One curious thing is that there is a loss of strength over the body, and yet an appearance of a great increase of force in the heart's action. No one can doubt that in every organ of the body there is weakness when what is called "the hectic fever" is going on, yet the heart's action is greatly increased. How is this to be accounted for? Perhaps in this way—when the blood from any cause fails to be of proper quality it produces an increased effort of the heart to drive it through the lungs. That effort shows itself in the more rapid pulse, or in the increased strength given to the heart. It is only made to act more urgently by the quality of the blood which is passing through it.

We know that alcohol lessens the amount of oxygen in the blood. So does the loss of cells in the wasted lungs. The blood in both these cases is more venous and less arterial, and is, therefore, less fitted to increase the heart's effort so as to remedy its condition by driving it faster through the amount of lung that is left to purify it. So long as there is life in these centers that supply the heart, its contractile force will be exerted to give the life quality to this circulating stream, and to give that amount of such quality as is required for health. But it is easy to understand that such exertions wear out, in a short time, all that life which is there to be drawn upon.

If poisonous substances, such as antimony, etc., are employed to reduce the rapidity of the pulse, there can scarcely be a doubt that their effect is, not to render such rapid action of the heart unnecessary, but to render it impossible by reducing vital action in the life centers. If this same poisonous agency is employed to combat every symptom it is impossible to doubt that, unless there is superabounding energy in the constitution, the patient must die of the drugs, even if he does not of the disease. This is especially

clear in view of the rapid pulse in consumption. If it is persistently lowered in rapidity by poisonous substance, while nothing is done to lessen the need that causes it, the result must be that the poisoning will result at length in the destruction of life in its very foundations. This urges upon us the momentous question as to whether there cannot be a better way of lessening this consumptive fever.

It will be well not to be anxious in the first instance for the lowering of the pulse. Instead, let us relieve the necessity for the rapid heart action by removing the poison in other ways. We may promote the purifying of the blood by freshening the skin, for one thing. A sponging all over, under the bed clothing, with acetic acid or good white vinegar will have a good effect in this direction. If the skin is made to act so as to lighten the circulation of a considerable quantity of waste matter the pulse will lower itself at once. Then a good, large bran poultice, or a hot bag, with moist cloths placed over the kidneys, will materially increase their action and relieve the circulation more fully. This, too, will lower the pulse. Such applications as this lighten the work required of the heart, and so moderates its action.

Then something may be done toward improving that which is to be turned into blood. The acid in an orange, or, if very much diluted, in a lemon, when taken as a cooling drink, and moderately, imparts a healthier character to the food and, through that, to the blood. That lightens the heart's work and lowers the pulse, too. Again, you may help the circulation, and so lighten the heart's work, by placing a fomentation to the feet and legs, and at the same time cooling cloths all around the upper part of the body. In this way you take heat from where it is likely to be overabundant, but you give it where it is likely to be deficient. By the careful use of fresh oil, too, you can keep what advantage you get in these ways.

Now there may be actual organic disease of the lungs, and it may be removed. This has been done so that the cavities have been filled up, and healthy tissue has even grown around and inclosed substances which, had the wasting continued, would have caused death. This has been discovered in the examination of bodies after death from other diseases in after years. If you can only be kept from ruinous drugs, and give a little real help to the laboring heart, much more may be done than is imagined by those who look on the surface of all such matters. The expense is not great. God works with simple means, and specially blesses that which suits the poor as well as the rich.

CHAPTER XX

WASTING CONSUMPTION

There is a form in which consumption shows itself that is strikingly described by the word "wasting;" and so under that head may be placed before the reader one of the aspects of this malady. It is most frequently on the sides of the neck that this wasting is first seen. It is not a mere swelling of the glands, nor is it seen in all cases in which these open and discharge diseased matter. The glands do both of these things, and yet heal up and give no trouble. It is when they break and begin to show signs of wasting around the wound thus made that you may look for trouble. These wounds refuse to heal and the skin consumes away in spite of all methods adopted to close them. This wasting moves down into the chest, and the consumption by and by destroys the lungs.

It is a matter of great moment in such cases that as clear an understanding should be formed of the process of decay which they involve as can possibly be attained. This prevents the use of remedies such as render the cure of the sufferer hopeless. For instance, all "liquefying" drugs do the very thing which this wasting accomplishes, and so increase the evil to be combated. Painting with iodine is as wasting outside as potassium inside. No one who has any real knowledge of such cases will allow such things. Then it is extremely doubtful whether cod-liver oil does not increase the evil also. It is not easily assimilated, and I have never seen one case in which I could observe that it hindered wasting in the slightest degree.

But there are two things that really should be done in all such cases. The first is the least important, yet it is helpful in no small degree. It is necessary to give a real healthy character to the wounds that have opened. This is done by the skillful use of weak acid. You may have seen the whole side of a neck covered with sores, and of the most unhealthy color, and yet if you had taken a little vinegar in as much warm water, and a bit of soft rag, and bathed the sores for a quarter of an hour or so, you would have

Illustration No. 10.
Chest Expansion.

seen a complete change in their appearance. Any one would then know that they had already received a start in the direction of healing. Then cover them over with olive oil thus keeping them in the state into which they had been brought until it is time to treat them again. Now, this treatment from the outside may be carried farther than any one would imagine. If the application of the acid is sufficiently well made—not with strong acid—and for the proper length of time, and with great care, the effect goes much farther into the system than is readily believed.

But when the very best is done with this outward application to the wounds themselves it is evidently of greater moment to apply an effective remedy to those sources of wasting from which the wounds at first come. If the food has been too rich, or too poor, that evil must be remedied. It is more likely to have been too poor when wasting came on, and it must be remedied in a genuine way. That is not by giving cream and eggs, and such things as are not easily assimilated, even in the best of health. Oats, wheat, rice, and so on, with a moderate supply of good milk, given half and half with water, will do much more in the right direction.

But no mere feeding will meet the requirements of such cases. Neither will what is called chemical food nor generous diet supply the demand. There is more needed in the way of increasing the power of the organic nervous system. This we find really effectual in a wonderful degree when it can be secured. The osteopathic process of rubbing along the sides of the spine, which when well done is so good, is really the most valuable of all means in such cases, and especially in the earlier stages. This is not at all a new cure. It has long been used with astonishing success, even by persons who did not know the real explanation of what they were doing. It is not necessary that the back be rubbed so as to cause even a feeling of discomfort, but rather so that it gives a sense of pleasure—never so that the skin should be hurt in the least. Fine oil should be used, if necessary, so as to prevent such injury. If this is rightly done its effect will be observed in an arresting of the wasting process and in an increase of general health. The effect of this will be increased by a fomentation around the haunches at another time of the day.

It is most important to keep in mind that the tender body is capable of taking only a little curative influence at a time, and so to see that hurry is avoided in the pursuit of the full cure.

It is almost always the young that furnish cases of wasting such as we are now considering, and it moves even a cold heart to see one who has just entered what is deemed a useful life cut off just when it is about to begin. You may have seen the young minister of the gospel just entering upon his pastoral work, and this very wasting has shown itself. Most people would only give a sigh for him, and thus indicate that all would soon be over. Well, sometimes they were right, but you may have noticed that as often they were wrong. There was yet time to save the useful life, and by rational means, nobly applied, it was saved. Such a patient in the hands of a liberal physician would receive absolutely no medicine. Rest in abundance, out-of-door exercise, plenty of blankets, olive oil rubs quite often, good, well-cooked food, and time would be his prescription. The greatest thing wanted is one with interest enough to carry out the treatment needed.

CHAPTER XXI

DECLINE IN CONSUMPTION

Much of the information given in these articles may appear crude and cumbersome, viewed from the standpoint of a practitioner with a well-equipped hydropathic sanitarium; but it must be remembered that all homes are not so equipped, and that many of the families in which the sufferers are to be found are not financially able to go to a sanitarium, nor to purchase the appliances for carrying out the treatment at home. I must, therefore, give instructions so that even the poorest may be able to follow them.

In studying what is frequently taken for actual consumption you will sometimes find that there is no real wasting of any of the bodily organs. There is only a failure of the centers of vital action in their momentous functions of supplying all the other organs with life. Cases which illustrate this occur in very favorable circumstances, but as a rule they are found when young people have been subjected to greater toil and privation than their nervous systems are capable of sustaining. They have, for instance, imagined that if they were to get on in the world, and graduate from the college with honor, they must sleep but very little, working at night until two and getting up again, perhaps, at five in the morning. They are housed in many places, also, where far too little covering is deemed necessary for their beds and far too low a temperature for their rooms; their food is not equal to their wants, and that on which they can keep most easily awake is preferred to that which may best supply the nourishment that is needed. Under such treatment as this it is perfectly natural that the foundations of vitality should become incapable of sustaining the superstructure.

Though there is no wasting of the tissues of any organ, and no symptom of anything but general weakness, there is decline marked in everything. Sound as he will, the medical man hears nothing to indicate that there is any disease in the lungs, nor can he tell why there is such weakness. It is a great mercy if, in such a case, he is wise enough to give no medicine whatever, and only to leave the patient alone, so far as ordinary physic is concerned. Fresh air,

gentle exercise, nourishing food, and peace of mind will undoubtedly be all the patient requires.

There are instances in which there is bleeding from the lungs because of sheer weakness in those organs. This process was decribed in a preceding article. Yet there is nothing beyond weakness. Blood escapes through the membranes that are not broken, but so weakened that they allow the blood to ooze through. Most people conclude, when such a symptom appears, that blood vessels have given way, and that death is certain. But it is not necessarily so. I know quite a number of cases in which men are now in good health who had declined until the blood came in this way. If they only escape that medical treatment by which weak life is made greatly weaker, and get rest, with nourishing and good food, patients in whom decline is very marked and from whom the blood has come freely will be all right in time.

Not a few whose cases have been given up as hopeless are now healthy and strong. There was with them a decline of vital force so serious that it seemed as if the vital ganglia would never rally. But there was no irreparable organ wasting, and the vital centers were nursed into full vigor again.

The greatest danger escaped in such cases was that involved in drugs such as act only in the way of lowering the vital flame. Alcohol, for example, on which we are told so many live "for weeks," and even "for months," must be sacredly avoided if the decline is to be reversed. Every atom of it is against the patient's recovery. It is prepared, for example, in the shape of rum and milk, and given to the declining sufferer. If he recovers it is in spite of this. Nothing can be more certainly established than the truth that alcohol lowers the life and never raises it. It is a narcotic in the smallest doses, just as it is in the largest. A small quantity of it in milk may close the scene in a few seconds after it is given. In such cases the flame is very low, and the drug just makes it a little lower, so that the lamp goes out. Claret is a favorite form in which alcohol is given in decline. It is always in spite of the stimulant that life is spared, if it is so. The method of treatment herein given will succeed with cases in which a practitioner who gives alcohol has not the least idea of succeeding. Men and women will be raised from their beds in a few weeks for whom such doctors predict months of helpless weakness, and much of this is accounted for by the fact that the vital forces, instead of being destroyed, are increased.

When there is very little wrong and plenty of vital energy to spare, such substances as mercury, potassium, or other poisonous remedies give relief and suit lazy dispositions. But when life is really at a low ebb in its inmost centers they hasten its end—that is all. When drugging has gone so far that one or more of the natural functions are suspended, and the doctor imagines that it is only some "obstruction," the very first teaspoonful goes a good way to increase the general weakness, and, as the stuff is taken day after day, an amount of mischief is done that can never be undone. Hence it is of great importance that people should understand such cases. Thousands of mothers know them infinitely better than many medical graduates, and they act upon their knowledge, too. They require only to be helped in such understanding by having the explanation of that which they often see, but cannot understand, pointed out to them.

A mother, for example, has a son or daughter sent home to her in declining health. Why should she not be enabled to judge for herself as to what is wrong? There has been loss of appetite and of all interest in active pursuits. Weakness and languor have stolen over the body and mind. The bowels do not act well, and other functions are suspended. It is all well that the physician should be consulted, but it is not well that he alone should be regarded as knowing the nature of the case and that all should be swallowed that he prescribes. There is nothing more certain than that medical men, in their writings and conversation, speak of cases in which they make fatal mistakes. You perhaps know of instances in which a very little knowledge on the part of the parents saved patients from death through such mistakes.

At least, when vitality is low, every one who has charge of a life should keep it from being still further lowered. Now, rest of body and mind is easily understood. Plenty of warm clothing by day and night is as easily understood. Readily digested food in small quantities, and not too long between meals, is also easily understood. Half a teacupful of hot water, always before taking food, is also easily understood. Rubbing the back all over for two minutes or so once a day with good acetic acid is not very difficult. Drying this off and rubbing gently all over the body with good fresh olive oil can be easily managed. Then, once a day, say at bedtime, it need not be difficult to pack the lower part of the body in a strong fomentation for forty or fifty minutes, and to give a good rubbing with oil when that pack is taken off. If the feet are cold it need not be

much trouble to redden them in hot water, rub them with oil, put on good cotton stockings to sleep in, and so end that matter. Some such treatment as this, with good heart cheer for the soul, as well as those things which comfort the body, will work wonders in reversing a decline.

CHAPTER XXII

HEMORRHAGES

One of the most alarming illnesses, and one occurring not infrequently among so-called consumptives, is found in serious bleeding from the lungs. This generally comes so suddenly, and is so alarming in itself to those who witness it, that it is of the very greatest importance that one should know exactly how to apply an effective remedy. The usual impression is that a blood vessel has become ruptured, but this idea is, in many cases, incorrect. In such cases the blood rather "sweats" from the lungs than flows from any one considerable vessel that has been ruptured, and the disease is in many cases easily overcome. It is very generally regarded that the patient is beyond help when blood appears in considerable quantity, but such is not necessarily the case. An excellent authority says: "Hemorrhage from the lungs by exudation rarely proves fatal of itself, though at times the amount of blood lost is very considerable. Dr. Copland (England) quotes the case of a patient who lost nine pounds (of blood) in twenty-four hours and recovered." This is mentioned because it is of such immense importance that relatives and neighbors who are at hand when a person begins to throw up blood should not, by unfounded alarm, be prevented from doing what is needed for relief.

There are certain states of the body in which a very little strain will cause such a symptom as that of bleeding from the lungs, and no harm will follow if this is properly treated without any great delay. This is no less true than that vomiting of blood will come on in certain cases of wasting of lungs and prove a fatal symptom.

Even in these cases it is not the bleeding that proves fatal, but that which has brought on the bleeding by reducing the contractile power of the small blood vessels or eating in upon one or two of larger dimensions.

The nervous system, of which the nerves of these small vessels are a part, needs to be stimulated; in other words, its vital action needs to be increased. Exactly the opposite effect which alcohol produces needs to be produced. That relaxes nerve substance in

Illustration No. 11.
Freeing Circulation Around Scapula.

every instance—it never does otherwise; hence the least alcohol in such a case is directly the opposite of that which is wanted. It is destructive, not stimulating. We soon have the feet and legs of our patient packed in a small blanket soaked and wrung out of boiling water. As soon as the sufferer is comfortably laid in this fomentation, and the heat has a few minutes, perhaps three or four, to penetrate the general system, another question arises: How shall we now take advantage of the new power brought into the nerves of the small vessels in the lungs so as most quickly to tighten them, and expel the overcharge of blood, sending that on its proper course? The answer is here also very easy. From other chapters we learn something of the magical effect of heat and cold. Let us now look at the matter in a different light. If the surface is cold and you apply cold to it the vessels do not sensibly contract—when cold the surface is comparatively dead, and dead matter does not contract like the living. But if the surface is hot and gorged with blood, then bring cold to bear, and the contraction of the vessels is instantaneous and striking. The whole nervous system has received fresh action from the strong fomentations on the feet and legs, and we take a moderate-sized towel, tightly wrung out of cold water and folded in four. We place this over the part of the chest in which the sense of soreness or sensations of deficiency, whatever they may be, are felt. Press the towel gently, with true nurse's pressure, in which the soul seems to be in the arms and hands. In a few moments the effect of this will have reached the oozing surface and relief will be experienced. Continue the cooling applications until all pain and uneasiness are gone. No more blood will come. No harm will follow in any form, for you have poured no poisonous substances into the stomach—you have done no harm by blistering any part of the surface; you have only added vital force to the nervous system and made the vessels contract where they were relaxed and incapable of sending their contents onward in the circulation. Some may tell you that a ruptured blood vessel in the lung cannot heal because of the continuous movement in the part; but the idea has no foundation in fact. Provision is made for healing in a moving lung just as in anything else, so long as fresh nerve action reaches it that can be utilized.

Now remove the compress, but before wrapping the body in flannel dry the chest and rub it with warm olive oil. Then take the legs and feet out and dry them thoroughly. Also rub them gently and well with olive oil. Put on a pair of soft cotton stockings

and let the sufferer rest. Squeeze an orange into a teacupful of water, adding sugar enough to make it palatable, and let him have this if he wishes something to drink. Assuming that this has happened in the morning, and that no further bleeding has occurred, let something of the same kind be done at night. If bleeding returns at all it will be well to repeat the process then, but it will not likely do so. Hot food or drink should be avoided, but it is not necessary that it should be cold. Plain, nourishing material, not in large quantity, will do best.

Such a method of treatment will, in a majority of cases, be perfectly successful in bleeding from the lungs. The greatest difficulty to be overcome is a superstitious dread of doing anything in such cases unless you have a physician, and the equally superstitious idea that you must follow what he prescribes, even if it should kill the patient. "What's the use of calling a doctor if you do not follow his instructions?" This is supposed to be unanswerable. I venture to reply to the unanswerable. If he is a true man he will tell you what is wrong, as no one not trained as he has been can possibly do. He may be mistaken, but he will not usually be so. And it is surely of great value to know what is wrong, even if you cannot be told how to remedy it. You may know the remedy for yourself. A true healer will listen to your suggestions and give heed to them. I have seen a first-class physician instantly adopt a suggestion from a common man and glory in the cure that was the consequence. Beyond all question it is of use to call such a man, and there are not a few such doctors—men who really live to heal, and whose delight is in seeing sound healing done by any one. Such men have hard work of it sometimes because of their brethren. It must indeed be hard for such men to see patients killed by ignorance, and yet be compelled by etiquette to hold their tongues.

CHAPTER XXIII

FELON

Paronychnia, panaritium, whitlow, or felon may appear spontaneously, or it may be caused by a bruise, the prick of a thorn, needle, pin, etc. There are also several forms of this affection, but they are all amenable to much the same treatment. The affection may be located in the skin, the tendons, the periosteum, or even may be seated in the bone itself. It may also affect the cellular tissues under the finger nails; it seldom affects the toe nails, although such cases have been known.

It seems strange that there should still be so much superstition extant regarding the cure of various affections and diseases. There are probably more distinct forms of superstition existing in connection with the removal of warts than any other, but there are some equally absurd in connection with felons. There is positively no possible reason in any of these superstitions. I cannot quite comprehend how so many intelligent people can accept such ludicrous ideas for even so short a time as to "try them just for fun." And this is not all; they are sometimes very cruel. Especially so is the one sometimes used in whitlow. Just imagine how absurdly ridiculous, as well as cruel, it is to entertain the idea that asphyxiating a mole by holding it in the tightly closed hands would, with the extinction of life from the poor mole, cause the excruciating pain of the felon to cease! This is a superstitious method of cure which some believe to possess real virtue.

When felons appear no mistake will be made in concluding that the entire body needs attention. They indicate the presence of impurities which should have been eliminated either by exhalation or perspiration, sensible or insensible. The soapy-blanket fomentation is then of great value in securing this much-needed cleansing.

Before a method for the cure of felon is given it is probably well to see if there is not some way of preventing it. There is no reason why we should suffer from a felon, or from any other affliction, if it is possible to avoid it. In nearly every case felons can be averted, if taken in hand soon enough, by merely applying the

following simple treatment, which is according to the most scientific use of herb remedies: Around the finger bind half a dozen thicknesses of soft bandage; keep this thoroughly dampened with tincture of lobelia.

But if the case has reached a stage where it cannot be entirely absorbed, the next best thing is to retard it as much as possible. To do this water is the only remedial agency necessary. Wrap the finger in a bandage which has been dipped into cold water. The heat from the finger soon warms this, when it is to be cooled again. It really is merely a cold compress to the finger. This treatment is for cases which have progressed until they are bound to suppurate; but the felon is, by virtue of this treatment, very much smaller and less painful than it would otherwise have been, or if developed quickly, as some recommend, in order to get through more quickly.

Another and perhaps better method is to bandage the finger with three or four thicknesses of soft cloth, thoroughly saturated in a decoction of Equisetium arvense, which can be purchased at any drug store at a very moderate price. This bandage is to be kept dampened with the decoction for about an hour, when it is to be removed, and repeated the following day. This should be continued every day for perhaps a week; then once every two or three days is sufficient.

In most cases where either of the above compresses is used the finger will be ready to open in the course of ten days or so. The time for this is indicated by the portion affected becoming soft and of a bluish tint. Many seem to entertain apprehension lest they should open it too soon. There is no danger whatever if the bandage which was above recommended is employed. There may be some blood discharged with the suppuration, but that is only so much the better, as this blood would have turned into pus. Therefore, by drawing off this blood before it suppurates, the wound will be permitted to heal all the sooner.

I have seen cases of felon cured in a few days with the tissue elements. They constitute one of the simplest and safest of home remedies.

CHAPTER XXIV

RINGWORM

A few years ago one of my younger brothers came to me for advice in regard to an annoying difficulty which appeared on the back of his right hand. After examining the hand and hearing the history of the trouble I found him to be suffering from favus, or tinea tonsurans—more frequently called by us common folks, who like to talk plain English, ringworm.

As a rule I do not consider such cases of great importance, and was about to prepare for him the remedy which I generally used, but the Fates, or a talkative "schoolmarm," were against me, and I learned a lesson.

When my brother came in there was sitting in the room a school teacher of uncertain age, but with a kind, motherly heart, and she had so long been accustomed to caring for many children that she was at once interested in knowing what ailed the boy's hand. She cared not, nor thought about, what the doctor might think of her wisdom, but as soon as I pronounced it ringworm she said promptly and energetically, "Well, I can cure that in short order; I have a remedy that has been in our family for years and has never been known to fail, although it has been used in our neighborhood since my grandmother was a child."

She opened her purse and took therefrom a large, old-fashioned copper 1-cent piece and handed it to the boy, saying, "You just put that in a glass tumbler and pour about half a teacupful of vinegar over it, let it stand for a few hours, and then take a soft rag, dip it into the vinegar, and rub it over the sore. You must not rub hard; just get the vinegar well soaked into the skin so it softens up all of the dry part. Then you can tie a cloth over it, wear a glove or leave it uncovered, just as you like; but every time you go near the vinegar put on more. Leave the coin in the tumbler. You will probably have an opportunity to apply the remedy six or eight times each day. And in seven days you will be well!"

I was curious to see the outcome of the treatment, and, believing that no possible harm could result from it, decided at once to give it

a trial. So, when the lad looked at me with a sort of sickly smile, as if apologizing for listening to any advice except mine, I promptly told him to take the coin and try it. He did so and was cured. Now, what more could one want?

Most people recognize the disease after having once seen it. The method of treatment prescribed by the school teacher is certainly very cheap and simple. But I find that many of my readers want to know more specifically regarding all manner of diseases that can be treated at home, and I approve the desire. There are never any two cases alike, any more than there are two people alike, and by having a full understanding of the cause, as well as the underlying principle of the cure, one is enabled to approach a case with confidence in his or her ability to effect a complete cure, no matter what complication may be found.

So, then, we learn that this affection is called, technically, favus, or tinea tonsurans. It first manifests itself in a slight red blotch, which in time turns into a white blister. Then this blister becomes surrounded by a ring of red blotches. These in time turn white, as did the first one, and the whole is again surrounded by another ring of the red blotches. This process will probably be continued until considerable space is covered. And this is the ringworm, or favus, which frequently becomes epidemic, especially among children.

Ringworm is contagious. The infection is commonly trasmitted by children in school sitting with their heads together or exchanging caps, and at home by using the same towel, as the ringworm most frequently appears on the head or hands. Then, too, if the comb belonging to a person affected with tinea tonsurans is used by others, infection is thus communicated. In schools it frequently occurs that many of the pupils are almost simultaneously attacked by the disease, it becoming epidemic, the same as the measles, chicken-pox, diphtheria, etc.

The first thing of importance to be learned is that the affection is not merely of the outer skin, but rather is seated among the nerves reaching that particular point in the under skin. Applications to the cuticle will not, then, bring desired results; it is necessary to reach the seat of the disease, which, as was just said, is the cutis.

While ringworm most frequently appears on the head, it is not confined to this portion of the body by any means. It frequently appears on the fingers, and even on the face. Because it is not so difficult to reach, a case on the finger will be taken up first and

treated according to the method suggested by the school teacher. It is not meant to imply that cases on the finger are not so severe, but that they are more easily accessible.

The outer skin has not yet given way, and so, then, it covers the part which is to be treated. It is quite necessary to consider all things before attempting to apply the remedy, so that when it is applied it will be done correctly.

A sponge or soft cloth is used. The acid (acetic) is diluted until it is just strong enough to cause a slight smarting when touched, say, to an eyelid. The sponge or cloth is then thoroughly saturated with the solution and is applied to the afflicted finger by patting. This may have to be continued for fifteen minutes before the acid reaches the under skin, where the affection is rooted.

The way to determine when the treatment has been administered sufficiently long is by the smarting of the affected portion. When the cutis, where the ringworm is, begins to smart rather painfully, it is well to discontinue the treatment. It need not be repeated until after the lapse of twenty-four hours. It may require as much time for the second application to bring desired results, and it may not. Under this treatment the ringworm soon disappears.

In cases where the difficulty is on the head the treatment is very similar, except that the parts affected are not so easily accessible. To treat a case of this sort it is necessary to remove the hair from over the favus, but I do not think it necessary to shave it. Some hold that it is best to shave the whole head, but I cannot see any plausible reason for it. After the hair has been carefully removed the acidulated wash is prepared and applied to the affected portion, as in the case on the finger, until the smarting is produced. The treatment is again discontinued for about twenty-four hours, when it is repeated. This soon produces the desired effect.

The treatment cited has been only for ordinary cases. It often occurs that the trouble is so severe that some other remedial agent is necessary to co-operate with the acetic acid. Then the affected portions should be treated to a warm poultice of potatoes and buttermilk. The potatoes should be boiled without salt; then remove the skins and beat to a batter in buttermilk or weak white vinegar. By applying this warm poultice, in a thin bag, for an hour or so to the ringworm the portion is thoroughly cleansed. After this the acid is used as in the milder forms.

In each case it is not only necessary that the acid should penetrate deeply, but that it be retained, so as to allow it to perform its

Illustration No. 12.
For Rheumatism in Shoulder.

duty. To effect this, after the smarting has been produced with the vinegar, rub over well with olive or almond oil.

There is no good reason why favus should be allowed to affect whole families, and even schools, because of transmission by infection, if the proper methods are employed to prevent it. This can be done by sponging the body with good, strong, white vinegar, followed by a thorough rubbing with olive oil, about twice a week during times of epidemic. If this is done there will never be an epidemic of favus—and this method is not only effective in avoiding favus, but many other diseases.

"What about the old copper coin?" you ask. "Where does it come in?" Well, you can use one if you wish; it will do no harm. A modern copper coin will do just as well, however, and the psychic effect will be almost as good. When you treat a case of ringworm on the hand of some one who is in the habit of running for a doctor every time any little thing happens, you will find it necessary to use something more than common vinegar—the name is too homely. But when you say acetic acid, and add the charmed coin, then you secure the mental co-operation of your patient and get a practical illustration of mental healing. Since the above was written I have discovered a vegetable preparation in liquid form called cutola, which acts like magic in the home treatment of ringworm.

CHAPTER XXV

NETTLE RASH

People who are in the country for even a short time can hardly fail to learn what it means to be stung by a nettle, and there is still a smaller number residing either in the country or the city who have escaped learning what it is to be bitten by a flea. If there is any one so fortunate (?) as to have experienced both of these sensations, he can testify that there is but a very slight, if any, distinction noticeable.

The disease now being discussed is as the bite of a myriad of fleas or the sting of many nettles. Yet there is a difference between the sting of a nettle and the disease called "nettle rash." Of course the former is only an affection of the surface, while the disease seems to, and in fact does, emanate from the nerve centers underneath the cuticle. Hence it would be useless to expect to effect a cure by any sort of application which does not penetrate beyond the surface.

Certainly there is such a similarity between the two—the disease and the sting of the nettle—that investigating the conditions and results of any certain treatment upon the one will enlighten us regarding the other.

Doubtless all have noticed the slight swelling, or, as some call it, wheal, which surrounds a spot that has suffered from the sting of a nettle. This swelling is caused by the poison which is injected into the skin, depriving it of its contractile function. It has, in consequence, swelled, and the blood has been driven out of it. Of course there is but a very small amount of poison in the sting of a nettle, hence the portion affected is very small.

When the flesh is stung the effect is seemingly the same as when a blow is sustained, which temporarily paralyzes the action of the nerves reaching that part. The severity of this sensation is in proportion to the amount of poison injected with the sting. If the cause of the affliction is the sting of some very poisonous reptile, such as the scorpion or cobra, the force of the blow seems to be terrific. If it is the latter, fatality soon ensues. The material dif-

ference existing between these and nettle rash is that the disease shows no exterior cause for its presence.

I have known of cases in which the condition of the patient was such that the eating of only a few strawberries would cause a furious attack of the disease, or perhaps it would be developed in the same person at another time from eating shell fish, such as lobsters or crabs. In such cases a physician is usually sent for in great haste.

I remember having once been called to a home in which I found great confusion and consternation on account of what was supposed to be a suddenly developed case of smallpox. Upon inquiry I found that a young girl had, on the previous evening, eaten freely of the first strawberries of the season, and was simply suffering from what physicians call erythema, or urticaria, but which we common folks call hives or nettle rash.

In such a simple case, where the cause is readily ascertained, the most simple remedy is usually effective. In the case just mentioned I ordered the patient to drink freely of hot lemonade made without sugar; I also ordered a thorough sponging of the body with tepid water in which there had been dissolved a quantity of common baking soda. The trouble disappeared during the day.

But there are other cases not so easily disposed of. The cause of such is not readily ascertained, but, as a rule, the difficulty is found to originate in the diet. In such stubborn cases there must be begun a systematic process of elimination among the various articles of food. Carefully study the dietary previously used, and then leave off one article at a time, substituting others. The eating of crustaceans, or shell fish, may have been the cause, or such acid fruits as strawberries or bananas are also known to have caused it, while pork in various forms, sausages, mushrooms, cheese, and even mutton, may have been the offending article. Just why this is so the average professional man cannot tell. Generally it is said to be wholly due to idiosyncrasy. I am inclined to take issue with such a view, however, unless prepared to swallow the Christian science doctrine in full, without diluting, which I am not.

The method of treating these stubborn cases should usually be as follows: First, withdraw the offending material from the food; second, take either a mild saline cathartic or copious draughts of sour lemonade, and if there be persistent constipation make application of the treatment described elsewhere in this volume for the cure of piles. (See chapters XLII. and XLIII.)

For several weeks let the diet be of a light and easily digestible nature.

If the wash of baking soda (one teaspoonful to one quart of water) is not effectual in temporarily allaying the itching, then have a druggist prepare the following: Menthol and chloral, 1 dram each; alcohol, 1 ounce; camphor water, 1 ounce; apply directly with a sponge to the wheals or affected parts. As a rule this treatment will prove effectual, but there are cases which will not yield to even all this treatment.

When this condition is present we must look to the conditions of the entire system, and especially the nerves of the spine. Bring into new life and vigor the entire vital forces and give the skin greater power to throw off the poisonous matter. Prepare the entire spine for the reception of new life by sponging with mild acid; then rub with oil, after which apply soapy-blanket fomentations, a description of which will be found on another page, to the entire body, giving special attention to the continuous application of heat to the spine. When this is removed according to the directions given for that part of the work, a thorough course of treatment should be given the spine by manipulation, moving the flesh deeply upward and outward from the spinous process, while the patient lies face downward upon the operating table or a high bed.

CHAPTER XXVI

HERPES ZOSTER, OR SHINGLES

"Shingles" is a very annoying affection with which I presume all are more or less familiar. It is characterized by neuralgic pains, constipation, indigestion, and some temperature; the pulse is fast and sharp pains shoot through the chest; there are blisters forming a belt half way around the body, commencing with the spine. Sometimes these exanthema extend entirely around the body, being called bilateral. It is called unilateral when only one side is affected. It sometimes occurs that this belt of blisters extends over the shoulder like a sword belt.

These little blisters in herpes zoster (the technical name for shingles) are filled with watery fluid in the beginning. This fluid gradually turns yellow, and then black, when they desiccate and the skin peels off. This may or may not mark the termination of the trouble. These blisters are very perfect in their anatomical formation; they are seated on a very highly inflamed base.

The seat of this trouble seems to be in the stomach and nerves; indigestion is one of the prominent features of the difficulty, and the exanthema follow the nerve tracts.

Shingles is generally considered as being self-limited, and is simply allowed to run its course. When a person is attacked by it it is merely considered as a thing which there is no means of avoiding, and the delightful (?) knowledge is imparted to the sufferer that he must "grin and bear it"—that it must necessarily run its course of from ten to fifteen days, when it will disappear. A pleasant (?) anticipation! If this were truly the case it certainly would be a sorry plight for one to get into; but it is not true. The annoyance can at least be ameliorated, if not aborted.

This trouble manifests itself in eruptions on the surface, plainly indicating that the eliminating process is not vigorous. The primary difficulty is found in the improper cleansing of the system of effete matter—there is constipation and indigestion.

The constipation is generally caused by a contraction of the sphincters. To relieve this condition, and also to relieve protracted

Illustration No. 13.
Raising the Shoulders.

constipation and piles, follow the directions given elsewhere in this book.

One of the particularly prominent features in shingles is indigestion. There seems to be an abnormal concentration of juices which should be diluted. As in diabetes, the best means of accomplishing this is by sipping hot water. This should be done very carefully, following the same rules given in the chapter on diabetes. This will be found to serve a dual purpose—that of correcting the abnormal condition existing in the stomach, and, at the same time, aiding in loosening the bowels.

Let us now look further into the disease itself. It has been seen that there was fever present in this affection; irritation, causing a desire to scratch, and sharp, piercing pains through the chest. A method of treatment must be employed which will reduce the fever and relieve the pain in the chest.

Prepare a cold compress large enough to completely cover the body from the waist to the armpits. Change this at the expiration of ten minutes, or sooner, and apply a fresh one. When this is heated also they may be discontinued unless they are so comforting as to be particularly desired by the patient. Then sponge this portion of the body with a solution of vinegar, cayenne pepper, and salt. The solution should be mixed as follows: One pint of vinegar, one teaspoonful of cayenne pepper, and one teaspoonful of salt; boil for three minutes and strain through cotton cloth. To this add from a teacupful to a pint of water and then heat to about 95 degrees F., or just so that you are conscious of neither heat nor cold when you put your finger in it. This bath should never be followed by oil, however, when shingles is the disease being treated; oil of any kind should never be used when there is fever. The treatment to be given several hours later is to wash the affected portion thoroughly with a boric acid solution. A formula for preparing this solution will be given elsewhere. (See chapter LXX.)

The skin is now in excellent condition; the indigestion is being attended to by the sipping of hot water, the constipation is being attacked by the method described elsewhere in this volume, and the disease is nearly forced to capitulate.

If the pain in the chest still persists, the attention should be turned to the base of the trouble. Prepare a cold compress for the spine. This is narrow, thick, and wrung very dry. If the patient can lie down upon this it should be done, but otherwise simply press it down well with the hands. This should be changed for a fresh

compress just as soon as it becomes in the least heated. If this is persisted in for half an hour the pain will be overcome. But right here a difficulty presents itself. Care must be taken to see that the feet are moist and warm before using this cold compress to the spine; otherwise "the cart would be before the horse."

If the feet are moist and warm all is well and the treatment may be continued with every certainty of success. But, on the other hand, if they are cold and clammy, the attention must be directed to them first. Wrap them snugly in a heated woolen blanket. Then place a hot-water bottle next to the blanket, if one is at hand. Then the cold compress may be employed.

And now, what is the best diet for use in this disease? The stomach is in very poor working condition, and hence must not be expected to perform its usual labor; yet the body certainly needs nourishment. But there is far more danger of giving too much than of not giving enough. Wheaten porridge is about all that should be given, and not very much of that. For quenching the thirst use hot water with about five drops of tincture of cayenne to the pint. If the juice of an orange is added to this it will make it very agreeable to the taste.

If this method is given a thorough trial it will be proved that shingles is not a disease which will not succumb to proper treatment, and need not be permitted to run its course of ten or fifteen days.

CHAPTER XXVII

SINGULTUS, OR HICCOUGH

Hiccough being a simultaneous spasmodic contraction of the diaphragm and the glottis, it is only natural to suppose that the proper way to overcome the difficulty is to remove the contraction.

But before proceeding further the correct thing to do is to learn just what this diaphragm is. First, it is a muscle. It occupies an oblique position just between the thorax and the abdomen, separating the two and forming what is often termed the floor of the former and the roof of the latter. The two particular organs between which it immediately lies are the stomach and the lungs.

The diaphragm is concave in form, the concave side being toward the abdomen. You have doubtless frequently seen a little hollow rubber ball, such as children play with. Well, if you were to cut one of those balls in two through the center the shape of either side would very much resemble that of the diaphragm, excepting that the hollow is not quite so pronounced. Then if this half-ball were placed in an oblique position between the stomach and lungs it would represent the diaphragm very well.

The prime use of this muscle is in respiration. Its fibers contract, causing it to become nearly straight, instead of its convex surface being introduced into the thoracic cavity, thus making the cavity in the chest larger and tending to produce a vacuum. The air rushes in to fill this space, and thus the air cells of the lungs are filled; the diaphragm again resumes its natural shape, thereby forcing the air out again, completing respiration.

Has not every one observed that a full breath is always taken just before coughing, sneezing, or, in fact, before any act causing a violent expulsion of air from the lungs? This explains why a "good laugh" or a "good cry" is beneficial, both requiring deep inspirations. And in all of these the diaphragm is, of course, brought into active service.

Now that it has been explained that hiccough is a spasmodic contraction of the diaphragm, just what this diaphragm is, what it does, and how it does it, the next thing is to determine how this condition (spasmodic contraction) is to be overcome.

The technical term for hiccough is singultus; but that does not in the least change the impression upon the mind of the suffering individual, unless that soberly announcing it to him would have the effect of causing a profound fright, in which case the trouble is likely to disappear, for the nerves controlling the action of the diaphragm are intimately associated with the emotional or abdominal brain. That is the reason why some experimenters have advised people to place the elbows far apart and slowly bring the points of the index fingers together. This fixes the attention closely upon the points of the fingers; the breath is usually held, and the arms, being away from the sides, give freedom to the muscles in expanding, and the combination effects a cure. But this is only in instances caused by simple and harmless things. There are cases caused by fatigue, nervous debility, low fevers, an excess of foods or liquids in the stomach, or inflammation or irritation of an obscure nature, and these will not readily yield to such treatment.

The various methods of cure suggested by the different medical authorities would be amusing if it were not such a serious matter. But they all tend to show the helplessness of the drug system, even in many simple disturbances. One noted writer tells of a case in which all the remedies prescribed by the authorities were used successively, each in turn failing to bring relief, and finally the attending physician gave up the case in desperation. It was speedily cured, however, by a motherly neighbor, with a teaspoonful dose of onion juice. Another successful remedy is a very few drops of oil of cloves on a spoonful of sugar. Bits of ice swallowed have also been found useful, as well as hot fomentations to the abdomen. But, at the best, all these remedies are uncertain and unreliable. Therefore, it becomes the duty of the Home Health club to teach its members a certain, safe, sure, and at the same time simple method of cure.

In the first place it might be well to remember that the movements of all muscles are controlled by nerves. It was shown that the diaphragm is a muscle, and that the difficulty in question is a spasmodic contraction of this organ of respiration. So, then, the thing to determine is what nerve or nerves control the action of this special muscle, where it is most easily accessible, and the rest will be plain enough. The nerve controlling the action of the diaphragm is the phrenic, and it can be most readily reached by pressure applied immediately to the front of the third, fourth, and fifth cervicle vertebræ.

And now for applying treatment. The patient is seated on a stool and the neck bared. The operator takes a position just behind the sufferer and then uses the fingers of either hand in pushing the muscles at the side of the neck forward, at the same time applying a firm, gentle, forward pressure to the third, fourth, and fifth cervicle vertebræ, in this way reaching the phrenic nerve. The operator then places his knee between the shoulders of the patient, at the same time taking him by the wrists, and strongly raising his arms high above his head—and the hiccough entirely disappears.

CHAPTER XXVIII

HEADACHE

A great variety of ailments are directly related to what is termed headache. The present object is to explain this one symptom in such a thorough manner as partially to include any illness with which it may be associated. In doing this I hope to suggest to the reader the application which will afford relief, whatever the cause may be.

When the head aches it indicates that some certain nerve of sensation in direct connection with the head, if not actually contained therein, is in an unnatural state. This condition is the pain, and is referred to the head either because it really is there or because by relations of nerve tracts it is reflected there.

What, now, is this peculiar condition of the pain-giving nerve? It is of vital importance that this question be answered correctly. It is probably in a state of confinement, as the direct or indirect result of pressure. Pressure of any kind, if it is sufficiently severe, is detrimental to the free action of any nerve, and pain results when this is applied to a nerve in a natural condition. If the nerve already experiences a sensation of pain it may be arrested by pressure, on the theory of counter-irritation. This is seen when an injured part is compressed firmly. The pressure is then exerted upon an artery, or arteries, and restrains the throbbing flow of the blood on the oppressed nerve, thus relieving it of that amount, at least, of the suffering.

The most violent pain is caused by a nerve itself swelling, say, in a portion of the muscles where it is imbedded. Removing the pressure relieves the pain, for we thus remove that which has impeded the free flow of the circulation and nervous action in the sensory nerve, which is the essential condition to painless physical existence.

If, for example, pain is caused by burning, it is simply the interference with normal nervous action by the counter-action of the fierce and unnatural heat. So, in headache, we generally have to deal with simple pressure, which in a measure retards the vital action of the nerves affected.

To illustrate with an example:

A certain person is required to labor fourteen hours out of each twenty-four the year round, with the single exception of Sundays. The continued strain finally develops headache, which appears in a mild degree on Friday of each succeeding week, increasing to a terrible pain on Saturday, but which the rest of Sunday seems to dissipate. This continues with unswerving regularity for weeks and weeks, varying but slightly in any of its features, driving the sufferer half wild with the terrible monotony of it, to say nothing of having to bear up under the double strain of deranged nervous action and mental or physical labor, or both. What is to be done in a case of this nature?

Perhaps you suggest that the only sensible thing is to shorten the length of laboring periods, giving more time to recreation and recuperation. But that is merely evading the issue, as there are thousands of people who are forced to undergo the same strain, as far as labor is concerned, who are not troubled with the physical affliction referred to. And, as the party who is afflicted cannot lessen his labor, he must be relieved.

The case above described can be cured, and the available remedy does not force us to lessen the hours of labor. It is evident in such a case that the nervous energy required to sustain the proper equilibrium of the circulation is not sufficient to supply the extra demand made upon it as a result of the overexertion of the patient. Then certain parts of the interior of the head swell, causing a pressure upon the delicate nerves in that portion. If the beforementioned nervous energy can by any means be increased, even though very slightly, it may be sufficient to meet the demand, and thus prevent the swelling, the pressure of which is the cause of the pain.

This may be secured by several methods. Before retiring treat the back to a bath of hot water and some mild soap. After this is done and the back has been quickly dried, both sides of the spine are to be given a firm yet gentle rubbing with fine olive oil or sweet almond oil. This should be continued until the entire inner surface of the back is aglow with vitality. To attain this result may require fifteen minutes or more. Then the back is to be subjected to a pouring of warm water for a period of about three minutes, after which it is to be again well oiled, as before, to preserve the energy which has been gained. The patient is then free to seek sleep as soon as he desires.

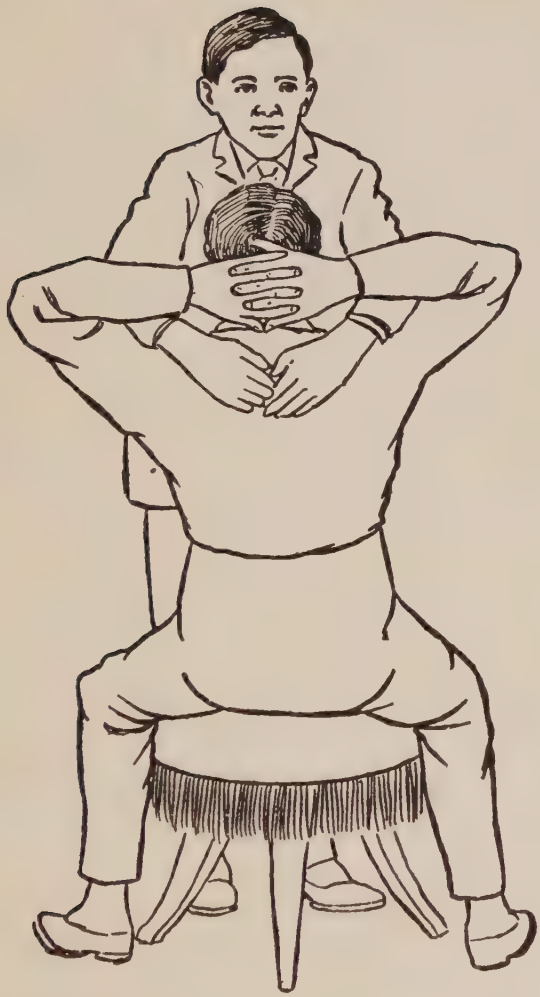


Illustration No. 14.
Stretching the Spinal Cord.

A little help from a friend or mother, three-quarters of an hour in duration, and a little trouble are all that is required to effect a cure in such cases. It is hardly necessary to say that all stimulants and narcotics must be absolutely forbidden. The nerves have been taxed beyond their limit already, and cannot, if a cure is expected, tolerate that which will add to their burden. Tea, coffee, tobacco, alcoholic beverages, etc., must be avoided.

But even when all of the above have been discarded, or even in cases where they never were used, the nerves are frequently found exhausted by reason of mental or physical strain, and they demand new energy. It can be secured in the above simple manner. This is not theory, but what has been accomplished repeatedly, and what anybody so inclined can do again. It certainly does require attention and labor, but there are few things which are to be desired that have not a similar or greater price.

CHAPTER XXIX

HOUSEMAID'S KNEE

An anecdote is told by Jerome K. Jerome of his experience with a "family doctor book." Having purchased one, he took it home and proceeded to apply himself most diligently to the study of the causes, symptoms, and treatments of the myriad abnormalities which comprise the "innards" of a family doctor book. After having carefully perused the book from introduction to conclusion, he discovered that he had symptoms of the whole catalogue of diseases, with the single exception of housemaid's knee!

First, what is it? Housemaid's knee is the result of a too constant pressure on the cap of the knee, as from scrubbing, etc., manifesting itself in the form of a swelling. If the knee has not been treated to a painting with iodine, which is a very common but seriously injurious method of procedure in such cases, and there is nothing to deal with but the swelling, then the treatment is very simple.

Water is found to be the desired element to employ. The application by pouring, for an hour each day, of just as hot water as it is possible for the patient to bear, followed by a thorough rubbing with warm olive oil, will in all probability produce the desired result in the course of a week or so. The degree of heat which it is possible for the patient to endure may be noticeably increased by first winding about the part to be treated a cloth thoroughly saturated with vinegar or olive oil. But this is a case where there is nothing wrong whatever but the swelling, pure and simple, without any complications caused by maltreatment or otherwise.

The difficulty is where the patient thinks she has housemaid's knee, when, in fact, the trouble is of a vastly different nature. Perhaps the swelling is not the seat of the severest pain, but, rather, it seems to emanate from the very middle of the joint. In that case the evil, in all likelihood, is caused by pressure on the nerve, doubtless produced by a minute enlargement of the joint or a growth of hard substance caused by slight displacement, which creates pressure on the nerve. It is evident that so long as the move-

ment of the joint is painful there certainly is something which does not work smoothly in that part of the human machinery.

For instance, the knee has been kept in some peculiar position while performing a particular kind of work until at last it has partially conformed to this unnatural arrangement. This will cause a pressure on the nerve whenever movement is attempted, and pain is the natural result, the severity being measured by the amount of pressure.

In this case I wonder if it isn't possible to gain some valuable information from watching a professional in the work of setting a bone which has long been out of joint. Let us see. Here is a gentleman whose arm has been dislocated at the shoulder for such a great length of time that it has partially adapted itself to the unnatural position. A professional bone-setter, or osteopath, is called. Now, be careful to watch closely, for it may be that the mode of treatment will be so complicated that it will be difficult to comprehend. But can it be that that is all? He has simply bandaged the shoulder joint in a damp cloth and covered it well with oiled silk to preserve the moisture, giving instructions to the effect that this wet application be continued for six weeks. This seems a very simple method of treatment, to say the least. At the expiration of six weeks the joint is found to be thoroughly softened, and the bone-setter easily replaces it in its proper position, thus speedily re-establishing the normal condition.

This is what is desired in the case of a refractory knee—softening. The pouring, for one hour each day, of hot water over the swollen knee will soften and restore it to the normal condition in the course of a month or less, without doubt. But if, at the expiration of this time, upon moving the knee a pain still remains it is very evident that there is pressure on the nerve. This is easily removed by the method the bonesetter employed in the case of the dislocated shoulder. After the joint has been thoroughly softened it can be almost painlessly replaced in its proper position by a little careful manipulation.

In very severe cases, where the patient is confined to the bed, it might be well to wear a cold compress on the knee for at least half the time not occupied by the application of the hot water. This will produce a condition of the tendons and muscles much more amenable to treatment than would otherwise exist.

A conscientious application of the foregoing treatment will, in time, overcome almost any case of refractory knee.

CHAPTER XXX

VARICOSE VEINS

Few troubles are more common than that in which the veins of the lower limbs become relaxed and swelled, sometimes even bursting. A person who has just passed what is, strictly speaking, middle life, or one who has had some severe strain brought to bear upon strength which is still young, observes that one of the blood vessels in his leg has become prominent and shows itself under the skin in an unnatural size. There is, perhaps, no pain as yet, nor any other inconvenience, but it is not a desirable symptom to have even one vessel appear in this way. By and by other veins enlarge in a similar fashion, and even what looks like a confused knot of veins appears, particularly just under the knee on the inner side. Here they soon assume a threatening size.

This continues with both limbs in many cases, in which no breaking of the skin occurs, but the swollen veins themselves become very painful, causing great distress. In other cases, however, the swelling occurs further down the limb, and ere long the vessels burst and the blood comes through the skin, creating a seriously troublesome sore. Other veins are soon involved, and the suffering becomes dreadful, while the appearance of the wound is of a truly alarming character.

How is all this explained? We must first understand, to some extent, the nature of the vessels which fail to perform their duty in this fashion. The arteries are those tubes through which the fresh blood passes down the limbs and into smaller and smaller vessels, giving off its nourishing qualities to the tissues as it finds its way through them. At the same time the blood gives off this nourishment it receives into its stream particles of substance that have ceased to be life-sustaining and need to be eliminated. When the upbuilding work of the arteries has been completed the small vessels into which they flow begin to enlarge and become veins—that is, vessels that are employed chiefly in carrying the impregnated blood back to the lungs to be refitted for the part assigned it. In other words, the pure blood is pumped by the heart through the ar-

teries; it does scavenger work as it travels on its course, and returns by the veins, to be purified by the lungs (hence the value of deep breathing of sweet, fresh air) before again starting on its endless-chain circuit.

It is when, somehow, the stream which is forcibly sent down in the arteries fails to rise with equal rapidity in the veins that the latter swell and become so engorged at length as often to burst. The blood fails to return chiefly because the tension of the veins is lessened. Instead of tight and powerfully elastic tubes, they become weak and easily distended.

It is the cause of this that we wish particularly to investigate. It is found that the person in whose case the evil occurs is often on foot for long periods at a time. The power of the veins is much more severely tested when the blood has to be carried upward than when, in a reclining position, it has only to pass along a level. These veins become fatigued—that is, they lose their contractile energy—and are dilated, so that the stream of blood stagnates as a whole and lodges in those parts of the veins that give way most easily.

So far the case seems easily intelligible to any ordinary mind that cares to consider it at all. But there is another feature the explanation of which is of great importance. The tension of the veins depends upon the nervous energy with which they are supplied by the entire system. Fatigue in the body usually implies more or less fatigue in the veins, and nothing will remedy this condition but something which will increase the nervous energy generally. In applying the necessary treatment for a cure the importance of this becomes obvious. If the supply of nervous energy was generally sufficient none of the blood vessels would swell as the result of an upright position, for, so long as the nervous energy is adequate, the veins show no tendency to relax.

The blood is made to rise with as much apparent ease as it goes down the limbs until there comes from the nerve centers a lessened amount of this same energy. The fountain of life, at least that supplying the limb in which this trouble occurs, is sending forth less than is needed for the purpose of circulation in order to maintain perfect health. The weary veins show this by failing to send the stream of blood onward.

Now, it is clear that there are several ways in which these veins may be treated when they fail in this fashion. One of the worst things that can be done is that course very commonly adopted.

That is using what is called an "elastic band." This is a most expensive thing for those affected, who are often far from rich, and it is worse than useless. It is a mere forcing of the swelled veins from the surface by outward pressure, while nothing is done to lighten their work or to increase their ability to do that work.

An elastic band worn just above the knee is a vastly better remedy. A piece of rubber webbing, such as is used for strong shoe gussets by bootmakers, about six inches broad and three-eighths of a yard long, makes a very good appliance for this purpose. It costs but a trifle and is easily made by one who can stitch the two ends together. See that it is neither too wide nor too narrow on the limb. In this way it lightens the work of the weak and overstrained veins. A case is noted of a man with varicose veins, swelled almost to bursting, in both legs, and most painful, who put on such bandages and continued digging and working with perfect ease, while the veins sensibly contracted, with no other treatment than this.

But it is not wise to confine remedial measures in such cases to the use of bandages. Rest is, in some instances, absolutely necessary. One great difficulty in the way of cure to one dealing with such illness as this is the apparent impossibility of complete quiet. No one can understand this who does not enter into consideration of the necessities which press upon so many of our honest and noble-hearted poor.

When you can order three weeks in bed and perfect rest it is not difficult to cure swelled veins even when they have burst and frightful sores have been the consequence. If that order can be carried out no bandages are required. Three weeks of recumbent posture is found sufficient to restore the elasticity of the vessels, it being accomplished by the double effect of having little to do on the one hand and renewing energy on the other. This rest ought never to be dispensed with, as a rule, but the time during which it is needed may be shortened.

Strong, moist heat applied by a bran poultice across the haunches, after olive oil has been rubbed on gently, and with the same rubbed on afterward to retain the heating which has been secured, is of great importance.

Proceed in this way if possible with a case of swollen veins: Secure the confinement of the patient in his bed for at least one week. The first night, an hour before the usual bedtime, place a

large bran poultice across the hips, after having rubbed on a little warm olive oil; let this remain, say, fifteen minutes; remove and rub again with the oil; then place a good, broad band of new flannel around the body. In the morning apply another poultice in the same way and for the same length of time. When that is removed rub the limbs gently for a few moments, first with hot vinegar and then with olive oil, after which dress them in a pair of cotton stockings.

If, at the end of a week, the veins are not all right, order a repetition of the same treatment. If you can secure this you will probably not need to order anything further. For security a bandage—or, if both legs are bad, two bandages—should always be worn above the knees, and standing too long should be strictly forbidden. All will probably continue well if this course is rigidly pursued.

It is possible to give great relief in some cases in which rest apparently cannot be secured by applying the remedies herein indicated as far as they can be used in such cases; but it should be distinctly understood that nothing like a thorough cure can be expected without actual confinement to the bed. Even sitting in an easy chair keeps up a great strain on the veins of the limbs. Lying perfectly still in bed is a very different affair.

CHAPTER XXXI

SWEATING FEET

In these cases heat is the element lacking. Many who have been troubled with sweating feet have found immediate relief by simply placing them in a moderately hot bath. Instead of allowing heat to pass off, this replenishes the feeble supply, causing pleasant and beneficial results. So long as the feet remain damp and cold with sweat this result is not present. This bath should not be very hot, nor should it include any part of the body but the feet at first. By gradually adding hot water the temperature is raised and the bath takes in more and more of the limb. The importance of supplying heat to the feet and limbs is now readily recognized.

There are various causes for profuse perspiration. All anatomists know that the severing of certain organic nerves causes sweating which would not otherwise exist. The reason for this is that the nerve which has heretofore been controlling the action of the pores located in this particular portion of the skin, because of being severed, is deprived of its ability to longer exert that control. Relaxation of these pores is the natural consequence, and excessive perspiration follows.

There are two natural causes for the pores relaxing temporarily and permitting perspiration to flow in the grosser form of sweat. These two are well known to all, being exertion and excessive heat. Of course these are virtually identical, as the exertion merely creates excessive heat in the body, which causes perspiration. But the trouble comes when the pores lose their tension and permit this action to continue without either exertion or excessive heat. In sweating feet there is a loss of vitality in the nerve centers that supply the skin of the feet. This must be restored. The question is, How can this be accomplished?

I will now give directions for compounding a solution which is invaluable in treating this trouble. Take a tablespoonful of common table salt, a tablespoonful of cayenne pepper, half an imperial pint of good white wine vinegar; mix these thoroughly and add a pint of boiling water. After this has stood for a few minutes strain out the

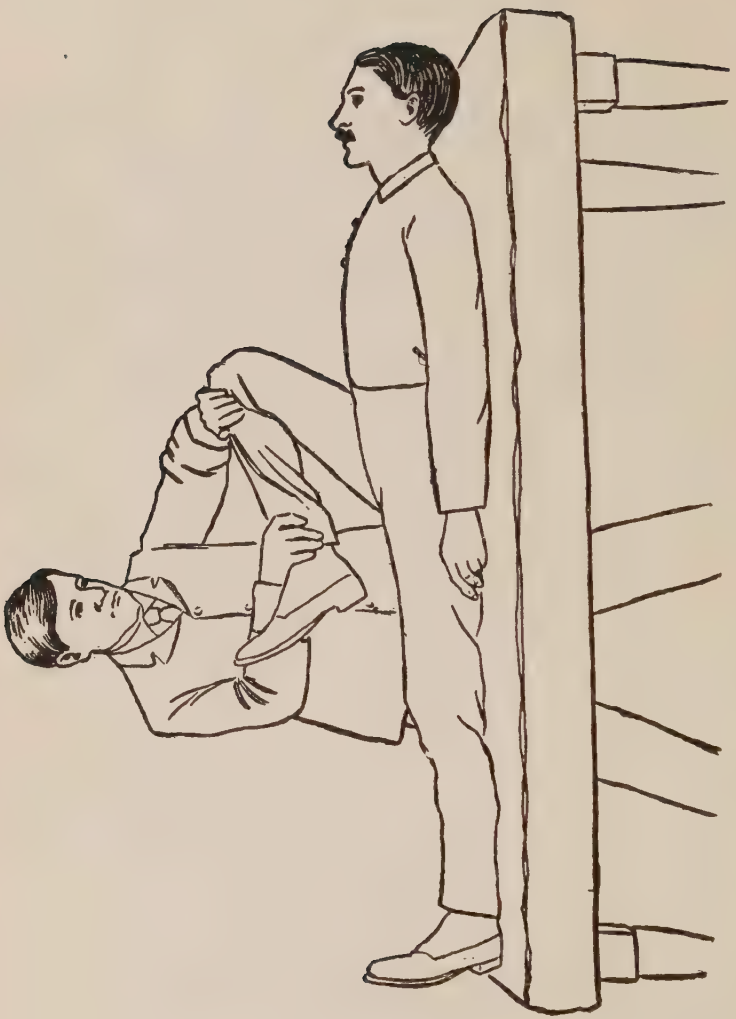


Illustration No. 15.
Flexion of Leg.

pepper. But this solution unaided is not sufficient. Therefore, let us see if there is not something which can be done in conjunction with this which will add sufficient power to make it capable of performing the difficult task required of it.

Place the feet in the hot bath as directed above. Be very careful to give this bath correctly, exercising great caution so as not to increase the temperature too rapidly. Leave the feet in the water for about thirty minutes. As soon as they are removed from this hot bath apply the preparation above described. Rub well with this and the desired effect will soon begin to manifest itself.

After the feet and limbs have been well rubbed with this valuable solution, then our old friend, hot olive oil, is applied, well up to the knees. Continue the rubbing just as long as it is felt to be comfortable, after which retire.

There are few cases which are so stubborn as to require even so much as a second application of this treatment. In this way the difficulty itself is not only overcome, but new vigor is added to the whole system.

CHAPTER XXXII

CLAVUS, OR CORNS

Corns are generally supposed to be located only on the feet, but this is not true; corns have been caused on the shoemaker's knees and the soldier's shoulder. In each case the corn is produced by the same cause—friction or pressure.

There is a prevailing idea extant that corns are caused only by tight-fitting shoes. This is entirely erroneous, as loose, ill-fitting shoes, with a peg sticking into one spot on the foot, are just as prolific of corns as tight ones.

There are, I presume, many of you who have had calloused hands. These calloused places are very much like a corn; a callous is a hypertrophy of the epidermis, and so is a corn. But a corn has a core, which extends below the surface more or less deeply, each time ultimately resting its lower extremity on the true skin. This core is conical in shape, having its base at the surface and its apex seated on the dermis. This sharp point of the horny corn constantly irritating the nerves of the cutis is the cause of pain experienced from a corn. All of you who have corns, or have ever had them, know just how sickening the pain is when a corn is accidentally subjected to unusual pressure. The pressure to the base of this conical core drives the sharp, horny apex against the already inflamed surface of the cutis, causing a pain which has to be experienced to be appreciated. Yes, I have had one—and, I am glad to say, only one.

A corn being merely a hypertrophy of the epidermis, explains why there is practically no pain caused by dissecting it, as there are no nerves in this part of the skin. But even then great pain is frequently caused while "paring my corns," but simply because there is pressure applied against the base of the core, and also by disengaging the core from its position.

But before I go further I will speak of the different kinds of corns and their location. The place which is most exposed to irritation, and where, consequently, most corns appear, is on the outside of the little toes; there are corns between the toes, under the nails,

and even on the bottom of the feet. Where the corns are between the toes they are kept constantly moist by the perspiration, and are called soft corns. These require somewhat different treatment than hard corns.

The first thing to be done is to remove the pressure which causes the pain, and, in fact, to which the corn owes its continuance. This is not so very hard to do—if you know how. A great many mutilate their shoes to accomplish this result, when it is not at all necessary. If the corn be anywhere else than between the toes the pressure can easily be removed. If the corn is on the top, side, or end of the toe, cut a hole in a piece of felt and glue this to the toe; allowing the corn to occupy the hole just made. The thickness of the felt should be sufficient to keep the hose and shoe at least an eighth of an inch from the surface of the corn. This causes a discontinuance of the irritation, and would of itself ultimately overcome the corn.

Another way is to sew the pieces of felt on the hose so as to allow the corn to fit into the hole. Still another way of securing the same result is to wind a piece of common twine or yarn around the toe, either above or below the corn (the location of the corn governing this), being sure to wind enough of it so that it makes a ring quite a little higher than the corn. but it should not be wound tight enough to stop circulation.

If the corns are on the bottom of the feet secure a heavy felt insole and cut holes in it for the corns to fit into. This keeps the pressure off the corns and they will disappear.

But this method can be supplemented by a preparation to soften the corn, after which it can be readily removed. Soak the feet well in hot water each evening and then apply the following: One drachm of salicylic acid mixed with an ounce of vaseline. This is a very powerful ointment and must be applied with a rag, being careful not to get any of it on the fingers or any part of the toe other than the surface of the corn. This will soon soften the corn so that it can easily be removed.

After the corn is removed a return can be prevented by being careful to get properly fitted shoes. But with the soft corn a different method must be used. First I will say that wider shoes are indicated and should be worn. The corns will disappear under the following treatment: Cleanse the place thoroughly with a good toilet soap and tepid water; apply a tincture of calendula, after which apply a little cutola. Repeat every night for a week.

CHAPTER XXXIII

GOUT

That intensely distressing malady, gout, is seldom found except among the wealthy classes, and is simply a natural result of rank disobedience of the laws of right living. A majority of the wealthy class place themselves in the bondage of perverted and epicurean appetites; they live to eat. With their vast pecuniary powers they purchase the material from which are forged the fetters of perversion and consequent disease—and then dole out the shekels to the smith for his placing them in captivity.

Perhaps it may seem incredible to club members, but there are many in the fashionable portion of the earth's population who have become so lacking in normal propensities as to expend the greater part of their energies in tempting and catering to a capricious and pernicious appetite. In the time of Nero the palaces were built with apartments in them where those grand (?) old Romans would repair, after having gorged to their utmost capacity, and artificially induce vomiting. They would then return to the dining-room and again gorge their stomachs on the delicacies which burdened their tables, and subsequently their vitality. It is not necessary to say to club members what the result of such an outrage against the physical man would be.

And it is among this class of people that gout is rife. Because of improper assimilation and consequent abnormalities uric acid is present in the blood, and a deposit of urate of sodium in the afflicted joints.

While there are really three kinds of gout—podagra, in the foot; chiragra, of the hand, and gonagra, of the knee—the affection most generally manifests itself in the foot. The seat of the affection is most frequently in the joint of the great toe. It rarely is acquired earlier in life than 35, but may appear at almost any time where the predisposing tendencies are inherited. It is a truth of which I am somewhat proud that there are very few cases of chronic gout among Americans.

The symptomatology of gout is very clearly defined, and there

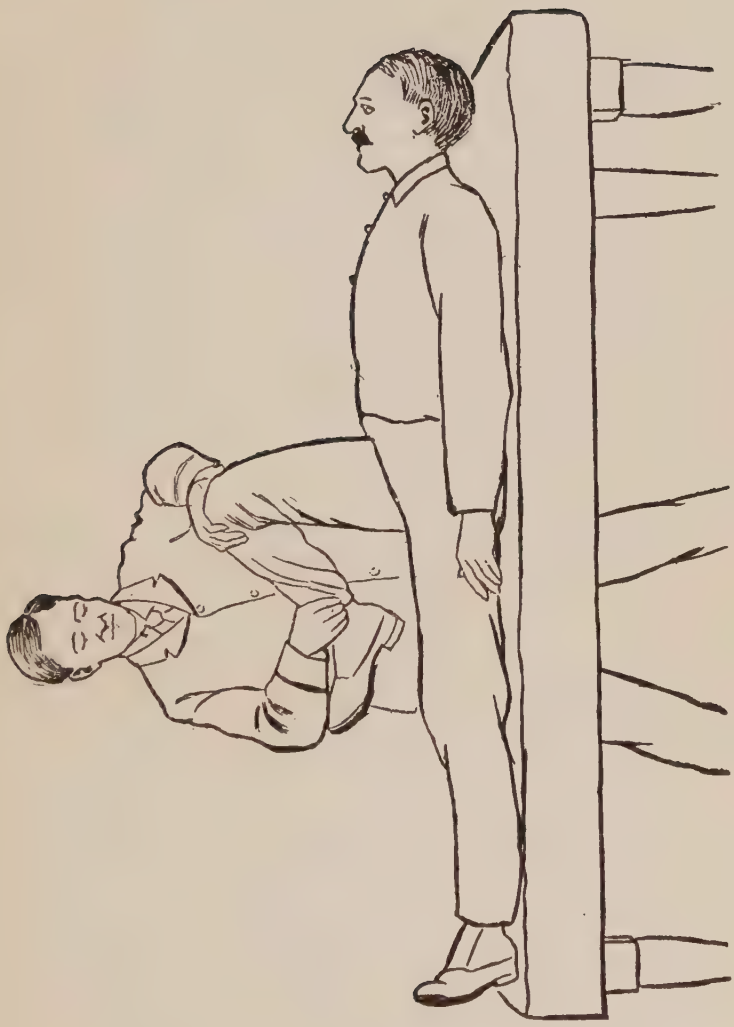


Illustration No. 16.
Manipulation of Knee and Hip Joint.

is little chance for an incorrect diagnosis where particulars can be learned. The attack is usually preceded by headache, ennui, constipation, acid dyspepsia, and generally comes on suddenly, the time of its appearance being between 12 o'clock midnight and 2 a. m.

The paroxysms of pain are intensely severe. The affected toe becomes red, swollen, and heated; it is extremely sensitive, causing the sufferer to cry out with pain if you merely touch it. These are the local symptoms. The general symptoms accompanying these are chills, fever, and quickened pulse.

The attack usually abates as day approaches, only to recur the next night. It will eventually completely disappear, leaving the patient feeling better than before it came. About one year elapses between the first and second attacks, six months between the second and third, and then they appear at almost any time after that.

Now that we have the cause of gout, the next thing is to learn how to get rid of it. It was caused by error in living, but simply correcting these errors will not overcome the mischief done. This may at first seem as though I were rather refuting my own assertions. But not so. It is thus:

Two men were out on an exploring expedition. They came to a great gulch which they particularly desired to investigate, but there was no way of reaching it; there was no visible means of ingress. After toiling over the mountains for hours in search of a way to reach this gulch, while looking over its precipitous wall one of the men noticed a shelf of rock some hundred feet below, from which, if he could in some way reach it, he could gain the coveted position.

The problem was soon solved. Taking from their pack pony a large coil of stout rope, one of them securely tied the other to it. But they were cautious men; they must be sure the one handling the rope possessed sufficient strength to draw his comrade up again after he had made the desired explorations. The test was made several times. The one who was to make the descent was suspended over the precipice and lowered a few feet and then drawn back.

At last, satisfied of his ability to lift his comrade's weight, he slowly and carefully lowered him to the shelf of rock. The explorations were made and everything was made ready for the ascent. The signal was given and the man at the top pulled with all his might on the rope. Imagine, if you can, their horror and dismay,

as well as chagrin, to find that the man at the top could not lift his burden. They had not taken into consideration the weight of the rope!

When I heard this little story, with its clearly defined moral, it was utilized to illustrate an entirely different point, but I think it is particularly applicable here. When we attempt to overcome a diseased condition by merely discontinuing the practices which caused it, it will be found that the weight of the rope (figuratively speaking) has been left out of the calculation.

The thing in gout which first attracts our attention as being of particular significance is the hypersensitiveness of the afflicted nerves. Then from this it is seen that it is radically different from paralysis, as in the latter the affected part is benumbed and does not sense pain.

I think I am perfectly safe in saying that most of the club members would prescribe a cold compress to the affected parts, because it seems, upon first thought, to be indicated, and this is partially correct.

But before we go too far into this investigation, as the patient is going to be used as a clinic by us, let's give him what little comfort we can while the case is being investigated. Just elevate his foot slightly, and no small amount of comfort will be the result.

Now, to go on with the case. As the poor sufferer is now at our mercy, we will just experiment with him. A cold compress is prepared and applied. What! His limbs jerk convulsively and he cries out with pain. I guess we had better try something else, for his nerves are evidently too sensitive to endure this extreme temperature.

Let's put our heads together and see what really should be done. The sensory nerves are not normal, and hence are not in condition to receive local treatment to the parts affected. "Stimulate them at the base of the spine," do I hear some one of the members say? Why, of course; that is just what is indicated. All right; and, this done by the use of hot fomentations to the small of the back, we return to the affected part. It will probably be necessary to begin by using even heat, and then gradually cooling until a nice cold compress, placed directly to the seat of pain, will be comforting and quieting.

As it is so extremely sensitive, it is necessary to be very gentle. Wrap the foot in cotton or nice soft cloth, and then apply a com-

press of just about blood heat. This will ease the pain at once and afford much relief to the patient. The degree of cold can then gradually be increased until the pain is entirely allayed.

But it is useless to attempt a permanent cure for a case of gout unless the cause of it is removed. Wines, tobacco, tea, coffee, and all animal food must be eliminated from the diet. It will be impossible to effect a cure if these are continuously indulged in. Instead give the sufferer from two to three quarts of fresh buttermilk daily. A rapid cure will follow.

While I sincerely hope none of the club members will ever have occasion to use these instructions, if you ever do, they will be found very effectual if care is exercised in the application.

CHAPTER XXXIV

TRICHINOSIS

If all the members of the Home Health Club obey its dietetic rules they will never need to use the treatment for this disease. I have always declared very emphatically against the use of any product of the swine, and the disease which I am now considering is sufficient argument, I should think, to convince intelligent people that they should avoid it, even though there were no other reasons for doing so.

Trichinæ are parasites which infect the flesh of the swine. When the flesh of an impure animal is ingested, without having been properly cooked, the person into whom it is received becomes infected. And when I say improperly cooked, you may not understand just what I mean. To be absolutely sure there is no trichinæ yet alive in meat, it is necessary to boil it for four hours at a temperature of 240 degrees F. How many ever do this? None!

There are two kinds of these little parasites, infecting different parts of the body—the intestines and the muscles. The one is sexually complete, while the other is not. The intestinal trichina is a hairlike worm, the female being much the longer. The male is about one-eighteenth of an inch in length, and the female about one-eighth of an inch. A piece of infected pork the size of a cubic inch is said to have contained 80,000 trichinæ. The embryos discharged by the females are in motion, and at once migrate to the muscular tissues of the infected person, setting up inflammation. They become surrounded by a capsule, and in a short time salts are discharged in and around the capsule, the entire muscular structure becoming specked with lime.

The symptoms which indicate this disease, or condition, are rather confusing, as they are so similar to those of other troubles, and are materially governed by the number of parasites ingested. Cases of this kind are frequently mistaken for typhoid fever, or ordinary ileo-colitis. There are three stages of the disease, however, which should make its diagnosis easier.

In the first stages there is a watery discharge from the bowels, nausea, vomiting, and inflammation of the intestines. The second

stage is very much like typhoid fever, there being temperature, rapid, feeble pulse, parched tongue and lips, profuse perspiration; red, swelled tongue and lips, with extreme tenderness of the muscles and abdomen. The third stage is that of incapsulation. This is the critical stage in the disease, the fever increasing and the muscular phenomena being severe. If the infection has not been too great, the patient may recover during this stage, but the mortality rate is about 35 per cent.

Those healers who rely upon drugs all admit that they are absolutely powerless in the face of this disease. It is true that after the infection has reached the migratory stage the recovery depends wholly upon the number of the parasites ingested.

If, after having partaken of pork which was not properly cooked, there is nausea, loss of appetite, restlessness, slight fever, pain and swelling in the abdomen, flushed and swelled face, then the patient should hasten to take a strong emetic of ipecac, warm salt water, or induce vomiting by forcing a spoon down the throat as far as possible, or by introducing the finger into the throat. The next thing is to take a high enema of at least four quarts of water, so as to thoroughly wash out the intestines and colon.

Appetite will probably be entirely lacking, but food must be taken at all hazards, and the strength kept up, so as to enable the system to withstand the strain placed upon it. The best way, however, is to adopt the Home Health Club diet, which positively forbids pork in any form, and thus you will be absolutely free from any danger of this trouble.

CHAPTER XXXV

DROPSY

There are several kinds of this trouble; or, not exactly several kinds, but it affects different parts. Probably the most common location for the difficulty is in the abdomen, and it receives the name of ascites. In this case the peritoneal cavity is filled with the serous fluid which characterizes dropsy. Another location is in the pleural cavity, in which case it is termed hydrothorax. It may also occur in the pericardiac cavity, and beneath the common integument.

In any of these cases the fluid which fills the cavity is the same; it is a serous flüid of greenish color, and causing the tissues which remain long in contact with it to take on a sort of cloudy appearance.

The first thing to do is to investigate the matter, and determine what the cause is, and then the way to overcome the trouble will be perfectly plain. It is an established fact that there is an infiltration of serous fluid into the cavity affected, and the thing to determine is, what causes this. The thing to take into consideration in investigating this disease is the matter of the waste of the body, and its manner of elimination. You must know that there is considerable effete matter being carried off from the body continually, but just how much I presume there are few of you know. It is a scientific conclusion that the entire body is torn down and rebuilt in less time than a year. Thus, in the man of average weight, the elimination of refuse matter amounts to 150 pounds and over per year.

Let us take a breath—a long, deep breath—of pure air; the blood is furnished with an immense load of vitalizing oxygen. But this is not all that is accomplished by the process of respiration. There is a great deal of toxic matter to be removed by the exhalation. Quite a percentage of this is liquid, as can be easily proved by simply breathing onto a piece of cold glass, when the water will immediately be condensed and trickle down the glass.

The kidneys and colon are two other agents of elimination of effete matter, but the principal one is the skin. The skin does not simply work while we are conscious of perspiring; not at all. There is a process known as insensible perspiration constantly going on, by which more toxic matter is eliminated than by any other.

Then, when these agents of elimination are not active, this waste matter is allowed to collect. It forms in various parts of the body, as the peritoneal cavity, the pleural cavity, the pericardiac cavity, and in the lower limbs, distending the location affected according as the amount of the accumulation is great or small.

I presume many of you have seen cases of ascites (dropsy in the abdomen), and have noticed what alarming proportions the distention reaches. The presence of this dropsical fluid in the peritoneal cavity presently raises the diaphragm up, thus interfering with the action of the heart.

It is usually the case that this disease weakens the system materially, and this being true, of course the first thing to do is to supply strength to the system. It is necessary that it should have all the strength that can be supplied in order to successfully do battle with disease. Give the patient plenty of good, wholesome foods, and lots of pure, fresh air.

After the lacking strength is supplied, then the first thing to see to is the frequent bathing of the entire body; just sponge the body thoroughly with warm water, in which vinegar has been poured, about half a dozen times in the course of twenty-four hours. Follow each bath by a brisk rubbing with a flesh towel. This will supply the much-needed warmth to the body, and will produce free perspiration. A soapy blanket fomentation would be an excellent thing, to be given once a day, instead of one of the six baths.

There is usually quite a little difficulty with the urinary flow in the disease, and it is well to meet this phase of the trouble. This feature will, as a rule, be readily overcome by the free use of milk. Milk is strengthening, and is an excellent diuretic.

Consequent on the irregular action of the kidneys is excessive flatulency. This is very harmful, and should be overcome. Relief from this trouble will usually be afforded by drinking a cup of hot water, in which you have placed a tablespoonful of vinegar and a small amount of capsicum (red pepper).

The baths and soapy blanket fomentations will draw off a great deal of this accumulated waste matter, but the work can be accelerated by the liberal use of any of the following physico-medical remedies: Infusion of dwarf elder root, juniper berries and wormwood, by boiling equal parts of each for three-quarters of an hour, making a strong tea of it.

Compound gentian tablets should also be given three times daily.

The above methods have been frequently used at the Home Health Club Sanatorium and Hospital, and with commendable success.

CHAPTER XXXVI

SCROFULA

The first point to which attention should be called is found in the idea that so persistently connects this malady with the blood, as if that were its chief source. It is this idea that leads patients to swallow so many fancied remedies with a view toward purifying, in some way, the circulating stream. I cannot too often point out the truth that this same blood that is found in the gland swollen with scrofulous matter is passing through ever so many other glands, in such a way as to create and maintain perfectly healthy tissue.

On the neck, especially under the chin, you see an enlarged gland. Well, there is blood passing into that gland, and from it also, and the same blood is passing to and from many other glands. They are not swelling, nor are they showing any sign of anything at all being wrong with them. How, then, can one ascribe the tumefaction to the blood, when it is causing no swelling elsewhere? All those advertised blood purifiers, which draw such vast sums of money from the people, are because of a false idea of this disease.

Then, another point to be discussed is the impression that the vital force of the nervous system generally, and of these glands particularly, requires to be reduced. Acting upon this thought, bromide of potassium internally, and iodine externally, are used with destructive effect.

BY THIS FALSE NOTION both the blood and the nerve substance are TERRIBLY INJURED. There is a little hard lump in that neck; well, bromide of potassium is a "liquefacient," so say our best authorities. Why not, then, give it to liquefy this swelling? Iodine has something of the same effect on the outside as bromide has within. Why not use this also? The reply is of

vital moment. Both of these drugs destroy nerve matter, and do so more rapidly when that substance is in a state of health than when diseased. You can easily see that with the iodine, for the skin soon gives way under the painting, and if it is long continued the whole system of the patient is undermined.

It is also an erroneous idea which leads to the lancing of such a swelling, and the attempt to extract the matter which has collected in the gland, and does more harm than good. It is utterly uncalled for, as the pus can all be absorbed without any piercing at all.

To form a good, clear idea of what is wanted, it is necessary to investigate and determine how all the various substances which form the body are carried and distributed. It is found that it is by passing through the sides of vessels in which the blood is carried all over the body. A gland is just a peculiarly constructed tissue into which the blood enters that a special substance may be extracted from it. For an easy example, take the salivary gland. The blood passes into it in order that the saliva may be extracted. The saliva passes through the sides of the capillaries, and the blood is retained and goes on to its work elsewhere. Now, let us consider the little gland under the chin which has become swollen and hard.

The gland has properly performed its function, say, for nine years (if that is the age of the child), but somehow it has lost the power of eliminating a special substance, and that material thickens and accumulates, and swells it. If the process goes on other glands become involved, and enlarge and harden also. If reducing treatment of any kind is applied to the neck, it is easy to see how bad the result must be. Now for the remedy. The membraneous substance of the whole body must be excited to vigorous action—the healthy more than the unhealthy parts. Merely poulticing the little swelling in the neck will do little, if any, good. A stimulating rubbing, or, better still, skillful manipulation over the whole body once a day, would be the chief thing. Professor Kirk says of this rubbing: "I had lately handed me a specimen of what to me is a new, but very desirable, substance for this purpose. It is the oil of mustard seed. I have been accustomed to use cayenne in decoction, and cannot say that it has failed; but this new oil is so gentle and beautiful that I dare say it will be popular, if once it has a fair trial." If the whole body is rubbed over with a stimulant like this for a quarter of an hour,

Illustration No. 17.

Continuing Knee and Hip Joint Movement.

once a day, just enough to make the application delightful, the whole vital system will be improved. This of itself would be a cure.

I have so often referred to the light food taken frequently, and in rather small quantities, in such troubles, that I scarcely need speak of it here. But no one will expect a cure in such cases as these if indulging in indigestibles. I hardly need say that only moderate labor should be performed. When there is such delicacy of constitution as this trouble implies, it is impossible to cure, or even to save life, if over-pressure of work is required. The vital force is not, in reality, sufficient for even light labor, and it is irrational to expect a cure if that force is drawn upon and drained away in excessive toil. The child at school, or the young person at labor, both compelled to work beyond their strength, cannot, while doing so, be restored to health. Many cases have entirely baffled all efforts until the pressure of work was lessened, when, after a rest, a cure was soon effected.

The tissue elements should always be used in the home treatment of scrofula as the disease will then be completely eliminated from the system.

CHAPTER XXXVII

BLOOD POISON

In cases of refractory ulceration it has become quite the fad nowadays to pronounce the general disturbance so caused "blood poison." Only a small percentage of the cases so called are blood poison, however. The disease, when really present, is indeed a very serious affliction, but is, as a rule, easily overcome if properly handled. True blood poison is, in most cases, caused by the toxic matter from an ulcerated condition, or from any wound, being taken up by the circulation and carried throughout the entire system. It may occur as the result of carelessness, uncleanliness, or the improper dressing of a wound.

A genuine case can be determined by the following symptoms—that is, in the beginning, there is a decided chill or slight shivering; this may become of very frequent occurrence, while profuse perspiration marks the intervening intervals; the pulse

is very rapid, sometimes reaching even as high as 150 beats per minute; the breathing is quickened, and the countenance assumes an apprehensive expression; the glands swell; the sore, or wound, and its immediate vicinity become red and angry in appearance. In prolonged cases there is probably a hectic fever, frequent chills, sleeplessness, loss of appetite, and resulting emaciation. The skin becomes yellow and spotted; the joints swelled; the tongue furred; there is a great thirst; a cough productive of much pain in the chest, together with prostration, mental and physical. When these symptoms present themselves there is undoubtedly a case of genuine blood poisoning to deal with, and it is a serious affair.

But, first, it is better to take up those cases which are blood poison in name only. A small pimple or red blotch appears on the back of the hand of a certain person, for instance. As is invariably the case, the fingers of the other hand are called into service, and the pimple is given a severe squeeze, hoping thus to remove the pus. Instead of producing the desired effect, the patient is surprised and chagrined to find that the place afflicted has only become enlarged and more angry-looking. This is shown to a knowing friend, with a recital of the facts, and it is emphatically pronounced blood poison.

The cause of the difficulty is inactivity of the skin. The blood comes to the hand with its burden of vitalizing particles, distributing them where needed, to find that a certain minute portion of the skin is not performing its duty of eliminating effete substances, and they are accumulating. Thus, a portion of all the blood that touches this particular spot is itself polluted by contact. So, you see, the skin only is at fault.

When a case is reported as blood poison, the first thing to be done is to seek for proof that this is the trouble. So the case is examined. The tongue is found to be clean, smooth, and perfectly natural; the eyes are all right; the pulse is normal. So where, pray, is evidence of the disease that has been so readily charged to the blood? Assuming that the pimple was first given a squeeze, and the impure matter thereby spread, the blood which now reaches this point is corrupted in larger quantities, and the case rapidly assumes an alarming aspect. But this is not yet blood poison, though the case is in a fair way to develop into such.

What is to be done? Upon examination it is found that the whole trouble lies in a portion of the skin failing to perform its

duty of eliminating noxious or worn-out substance. So, if this is the cause, the way to bring about the desired result is to remove that cause. Therefore, a means of expelling this corrupt and corrupting substance must be discovered, and the particle of skin restored to working order.

For this purpose, few better results can be secured than by the following method: Brush the afflicted part well with a soft camel's-hair brush, dipped in about half a cupful of diluted acetic acid. After having thoroughly cleansed the part in this manner, apply directly to the sore a poultice of either boiled turnips or potatoes, mixed with a very small quantity of the acid. By this application, for a night or two, the sore is thoroughly cleansed. Each time the poultice is removed the spot should again be treated to a gentle brushing with the diluted acid. In the course of a very few days the case will yield rapidly to the treatment.

By this method of treatment the poisonous acid which has been playing the whole of the havoc is removed, and replaced by one which cleanses and restores everything to a healthy condition, and is of a healing nature itself. Many physicians prefer carbolic to acetic acid, but I cannot understand why this is so. Strong carbolic acid has a tendency to eat away the sides of the sore, while acetic is healing in its properties.

There is many and many a poor sufferer who, reputed to be afflicted with blood poison, reluctantly accepts the belief, and at least submits to amputation of the diseased member. Bear in mind that all stubborn cases of ulceration do not necessarily produce blood poison.

It seems that the world today is not satisfied with an ordinary ailment, but absolutely must have some dreaded name for every ill that flesh is heir to. Can't we be content with just a plain case of refractory ulceration? Isn't it bad enough to be afflicted with a troublesome sore, without wheedling it into "blood poison," and ultimate amputation? There are thousands of empty sleeves today, dangling weirdly at the side, or stuffed methodically into the pocket, which are the result of an overpessimistic mind. Many a man goes through life bearing the burden of an artificial limb, simply because nothing short of "acute blood poison" was good enough for him. And why this is I could never imagine.

If any one who reads the foregoing is so unfortunate as to be afflicted with what has been pronounced blood-poisoning, let him

look to the condition of his blood and see if it is at fault. The chances are nine to nothing that it is not impure at all. Is the pulse too rapid? the eyes bloodshot? the tongue rough and coated? No? Then there is nothing wrong with the blood, and the trouble is with the skin. So follow the above directions, and cheat the amputating table, and perhaps the undertaker, of their prey.

And now for genuine blood poison. The affliction is a severe one, and liable to prove fatal within a few days, yet it may by proper treatment, be overcome. It has been shown that the disease itself is caused by the presence of pus that has in some way got into the circulation from an ulcer or wound. This, becoming mixed with the pure, life-giving blood, taints it. In this condition, instead of nourishing and sustaining the tissues of the body, it slowly poisons them. This nourishment being destroyed, the first thing necessary is to sustain the patient's strength. He must be given a diet of great nutritive power, and particularly easy of digestion.

If the case is as serious as above described, the most capable physician should be in attendance, and, if his remedies are such as tend to strengthen instead of debilitate, a cure may be expected. But skillful nursing will be required in any event, and the methods herein given will be approved by any intelligent physician.

The wound should be well cleaned by the same method employed in the case of the stubborn ulceration. The whole body should be treated to frequent bathing. Do everything possible to produce quietude. Give the patient an abundance of pure, fresh air, but be careful to keep the temperature as even as possible.

If this method of treatment is strictly followed, there are but few cases of blood poison which will not yield to it.

CHAPTER XXXVIII

THE ANAEMIAS

There are two kinds of anaemia—spanaemia (referred to simply as anaemia) and progressive pernicious anaemia—and they are invariably considered separately by the different authors of medical works, but I shall not do so—that is, I shall not con-

sider them in separate articles. My reason for not doing so is that, while the prognosis of one is favorable and the other unfavorable, yet the treatment for the one is also the treatment for the other. I shall, therefore, describe them separately, but give the treatment just as though I was giving it for only one disease, and you will understand why.

Spanaemia (I shall refer to it simply as anaemia) is a disease of the blood in which there is a deficiency of red corpuscles, and also sometimes including a deficiency of the albumen of the blood, and even of the quantity of the blood itself. This causes, naturally, pallor and weakness.

In normal blood there are about five million red and about ten million white corpuscles to the cubic millimeter. In the mature female there are about half a million less of the red corpuscles.

While anaemia is generally spoken of as a disease in which there is a deficiency of red corpuscles, yet this may not be true; there are frequently cases in which there is the normal number of red corpuscles, but there is always a subnormal proportion of some of the constituents of the blood.

This is a disease which is most common among young girls at about the time of reaching puberty, and, this being true, I would ask that all mothers watch their daughters very carefully, and immediately attend to them in case they become affected.

The symptoms in anaemia are general pallor, constipation, irritable heart, quickened respiration, and general derangement of the digestive organism; the appetite is feeble, there are fainting spells, hysteria, and the whites of the eyes are generally pearly. Sexual derangements may be expected, such as deficient menses in the female, and nocturnal emissions in the male.

Here is another example of some of the queer things which drug healers do. It is an established fact that iron is a great producer of red corpuscles. This being true, the average physician dopes the patient with iron. But a very little investigation shows this theory to be wrong. It is found that there is not usually any deficiency of iron in the system, particles of this substance being found in the feces, and, even though there was a deficiency, it has been repeatedly proved that the iron which is given is not taken up by the circulation, or, if it is, remains chemically intact, which would not, as you will readily see, aid in enriching the blood.

Progressive pernicious anaemia is a disease which is in some

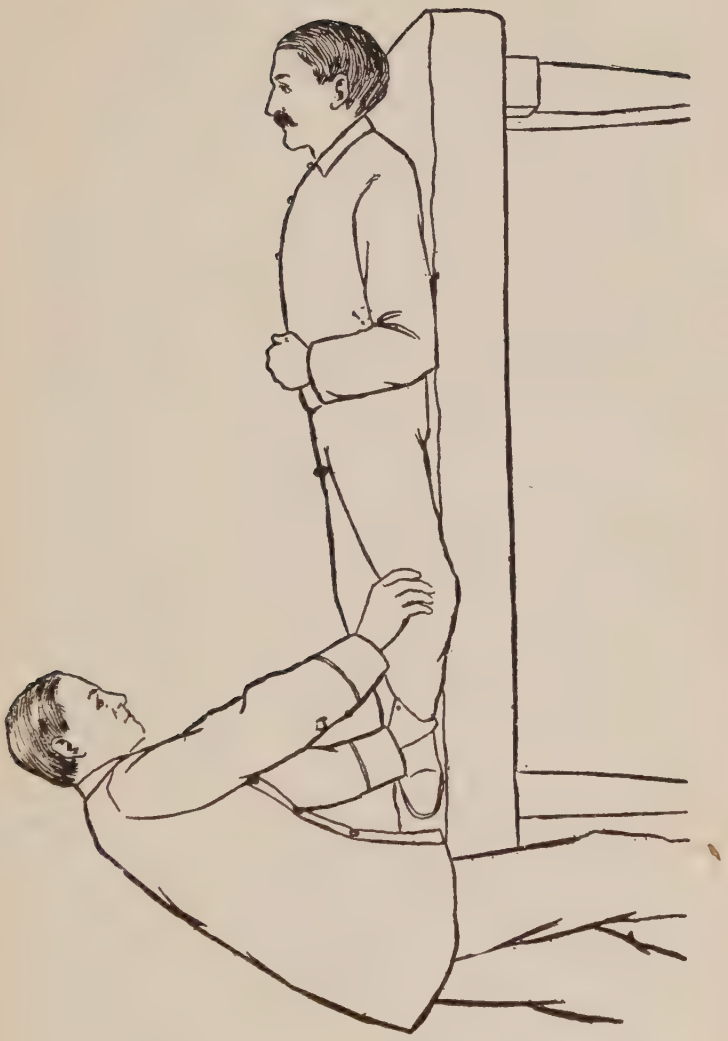


Illustration No. 18.

Finish Knee and Hip Joint Treatment by straightening with a quick jerk.

ways like, and in others unlike, anaemia. In anaemia there is a deficiency in the number of red corpuscles in the blood, and in progressive pernicious anaemia there is an abnormal increase of the white corpuscles. One great difference between them, however, is that anaemia is generally the result of some other condition, while progressive pernicious anaemia is purely an idiopathic disease.

The blood is pale, thin, and watery, and there is usually an increase in the white corpuscles. The red corpuscles are invariably irregular in size and shape, and are nucleated.

The spleen, liver, and kidneys are all decidedly anaemic; the bone marrow is subject to a radical change; the heart, larger arteries, and certain capillary tracts undergo fatty degeneration. The color of the skin resembles that of a lemon. While simple anaemia is readily cured by the method given below, the prognosis in progressive pernicious anaemia is unfavorable. The treatment herewith given will be found of great value, however, and I do not think it can be improved upon.

The blood loses its bright red color in anaemia, and becomes thin and watery; it no longer has the rich tint of life, but rather the sickly hue of death. Let us investigate, and see if we cannot find the proper remedy to employ in correcting this condition.

The blood—that rich, red, life-giving fluid which turns the mill wheel of life—is composed of eight-tenths of water. It contains red and white corpuscles in large numbers (five million red, and ten million white, to the cubic millimeter). The red corpuscles give the red tint to pure blood. But let us go still deeper in investigation.

What is it gives color to these red corpuscles? They are red, and there is something which makes them red. The former we know to be true, and the latter we will determine. There is a substance which is called haemoglobin, which is the coloring matter of the red corpuscles. But that haemoglobin is the coloring matter of the red corpuscles is not deep enough; we must investigate further.

The haemoglobin also is dependent upon something for its coloring, and that should also be known. This is oxygen. But how can it be proved that it is the oxygen? Very easily.

When the blood leaves the heart, or rather the left ventricle of the heart (by referring to angiology you will find that the blood is poured into the right auricle of the heart from the ascending

and descending venea cavea, thence through the tricuspid valve, into the right ventricle, through the semilunar valve, into the pulmonary artery, and on to the lungs to be purified; hence, the blood in the left side only is pure), it is absolutely pure, and a bright red. It has just come from the lungs, where it was burdened with a wealth of oxygen, to be carried throughout the body.

This oxygen is distributed throughout the body by the arterial system, and by the time the blood reaches the veins the oxygen has all been consumed. Now that the oxygen is removed from the blood, just note the color; it has lost its bright red color, and is now a purplish blue.

Thus, you see, it is very easily demonstrated that the color of the haemoglobin is supplied by the oxygen.

I will now describe the best method of treatment, and will then explain why it is. I think we should know why we do a thing, and not simply do it just because "So and So" said so.

There is a very simple and effective remedy which mechanotherapeutists use. It is generally easy enough to overcome deranged conditions if only a little common sense is employed, and not so much blind theory.

As I said above, blood is composed of eight-tenths water, and it is certainly very logical to conclude that water would be the proper thing to administer to strengthen impoverished blood—and this is correct.

It will be necessary, however, that we have pure water. When we desire to enrich such a fluid as the blood, it certainly is not wise to employ any article which is in the least degree impure. Just think how absurd it would be to attempt to nourish the blood with impure water. Therefore, the first thing which should be done is to secure pure water. Distilled water is what is wanted.

Secure a quantity of distilled water, and give it in teaspoonful doses, every five minutes, at a temperature of 98 degrees F. This may seem a very queer prescription, but it will be found meritorious. The prescription is, as the druggist would put it, simply aqua pura. Be very precise in the giving of this water—give just a teaspoonful of it every five minutes. This is the principal constituent of the blood, and will work wonders.

As was promised, I will now explain to you why water is used, and you will readily see the plausibility of the treatment.

I have shown you that haemoglobin is the material which colors the red corpuscles of the blood, and that the haemoglobin

is dependent upon oxygen for its coloring, so that, primarily, oxygen gives the bright red color to the blood.

But what has this to do with the plausibility of the water treatment?

As there is no apparent reason for doing so other than that the blood is composed of eight-tenths water, I suspect that it would be wise for us to take water and pick it all to pieces, just as we have done the blood, and then see if the reason cannot be found.

How many of you have ever stopped to consider what it was you were drinking when you took a sup of sparkling water? Did it ever occur to you that water could be disintegrated into substances which, when considered separately, you would never suspect of ever having been contained in water?

Water is frequently referred to as H. $_2$O., meaning two parts of oxygen to one of hydrogen—that is, by mixing these two, water is the result. Thus, you see that water is largely composed of the same thing which produces the life-color in the blood—and that is what is desired.

I have now explained to you just why I have prescribed water; I have explained to you why it will produce the results which you are seeking when you treat anaemia. Is it not a plausible remedy?

It is really remarkable how this extremely simple procedure will produce such altogether satisfactory results. Who would ever think of impregnating their already impoverished blood with iron, when such a remedy as this is at hand?

I am very frank to admit that it certainly would not be as much trouble for you to dope with iron as it is for you to take water as I have directed, and if it is merely ease that you are searching for, why, of course, I have nothing further to say; but if you are seeking for a cure, I am certain that you who read the above will readily see why water has been prescribed.

But water is rather a light diet, and, as this disease indicates an impoverished condition, it will be necessary to supply a great deal of nourishment.

All authorities are agreed that a very nutritive diet must be prescribed, but the form varies materially. A great many desire heavy foods, which, while they are nutritive all right, overtax the digestive organism, considering that rest should be courted.

There is an excellent way, however, of supplying this nourishment to the body, and yet without any particular effort being necessary on the part of the alimentary canal. This is done by

giving it in small quantities at frequent intervals, thus supplying the highest amount of nutriment with the least exertion.

Milk is an excellent food. But have good, rich milk; not the pale blue article which has been skimmed beyond recognition, and is not as rich as real good water. Mix a tablespoonful of this hot, nice rich milk with another of the hot water, and give this every fifteen minutes. Then, every hour, give a few spoonfuls of chicken broth, beef broth, or some other light food.

A most valuable auxiliary to the water treatment is to supply the body with an abundance of air, and the best way to supply this air is by the method described in Volume I, of the Home Health Club books in the chapter entitled "Ten Minutes for Health."

Mechano-therapy is truly a wonderful thing; it is rational; it is effective. It does not employ the poisons of medicine to re-establish normal conditions, but it gets at the bottom of the case, removes the cause, and lets nature work its cure.

CHAPTER XXXIX

HODGKIN'S DISEASE

This is a disease affecting the lymphatic system, characterized by hypertrophy of the lymphatic glands, and accompanied by marked anaemia. The swelling of the lymphatic glands generally begins with the cervical glands, extending consecutively downward, the glands becoming enlarged to the size of an egg, or even as large as a cocoanut. In a majority of cases the spleen and liver become involved also, and the bone marrow undergoes a radical change.

But Home Health Club members do not care so particularly for scientific symptomology; what they want is good, sensible directions for cure. I could write a great number of pages of technical "stuff," with numerous long, hard words, the whole of which would not mean anything to you of value. But that is not the plan on which Home Health Club lessons are taught.

The trouble is with the lymphatic glands, and, adopting Home Health Club methods, the first thing to do is to find out all we can about them. By turning to the subject of angiology, you

will find there a very comprehensive description of the lymphatic system. I will take it up here, however, and explain what it is desired to know in order to get a correct understanding of the disease in question. The lymphatic system carries nourishment from the alimentary canal through the lymphatic ducts (two in number), and thus through the circulation to the tissues of the body.

Suppose we take a piece of common bread and butter, and see what becomes of it. First, you take a slice of nice, flaky, whole wheat bread, and spread it with rich, sweet, yellow butter. Then you take it, bite by bite, into your mouth, and chew, and chew, and chew, the salivary glands secreting their valuable fluid all the while. As each bite of bread is thoroughly chewed, and incorporated with the saliva, it becomes liquid. It is then pushed on by the muscles of the tongue and throat. The epiglottis closes down over the glottis, shutting off the avenue to the trachea, thus directing the liquid bread down the oesophagus by the process called deglutition. It reaches the stomach through the cardiac orifice. In the stomach it is churned this way and that, up and down, across, sideways, being mixed with the gastric juice the while. After having been thoroughly churned into a substance called chyle, it is passed through the pyloric orifice into the intestines. Here it is mixed with the bile, pancreatic and other intestinal juices, completing its preparation for reception by the various tissues of the body. From here the nutrition is absorbed into what is technically termed the receptacular chyli, which is simply an enlargement of the thoracic duct, located in front of the first and second lumbar vertebrae. The thoracic duct is the common lymphatic duct of the entire lower portion of the body, and the right side of the upper portion. It passes up in front of the vertebrae, behind the right interjugular, and empties into the right subclavian vein near its junction with the interjugular vein. On the left side of the upper part of the body there is another common lymphatic duct. From these the lymph is passed with the venous blood, through the liver and spleen, and finally to the heart and lungs; then back through the other side of the heart, and on with the pure blood on its mission of rebuilding tissue. Thus our slice of bread and butter is finally converted into pink cheeks, rosy lips, and sparkling eyes.

And now let us see about the lymphatic glands which are affected in this disease. It was stated in the beginning that

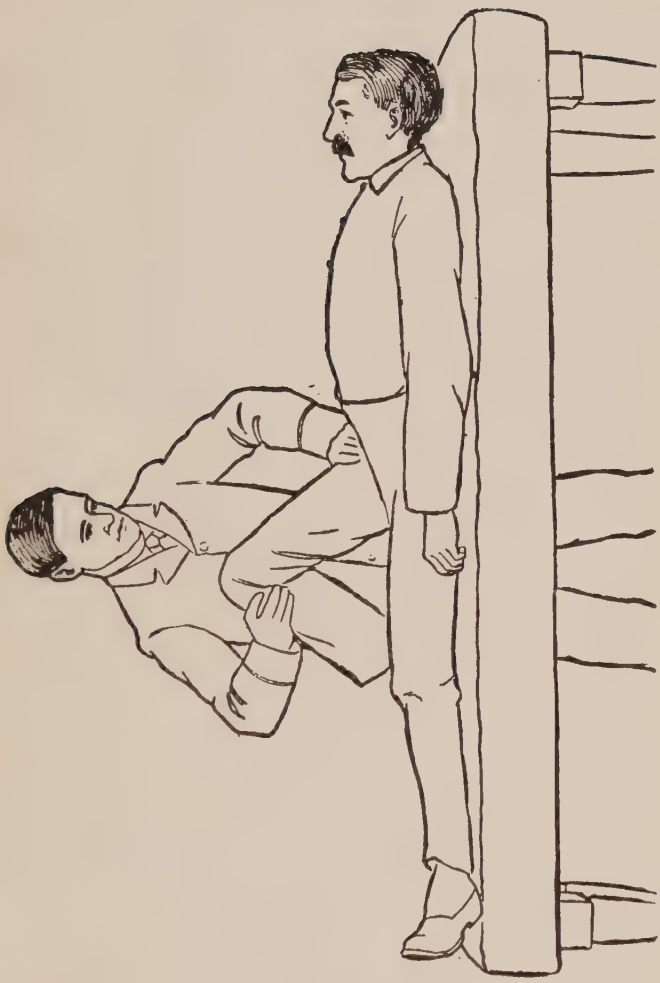


Illustration No. 19.
Freeing Saphenous Vein.

these glands became enlarged, those of the cervical region usually being affected first. Now, why do they become enlarged? It is simply because there is an engorgement of matter which should be eliminated. This goes on, slowly but surely, day after day, enlarging the glands, one by one, down the cervical region, and then over the entire body. What is indicated in the line of treatment, then, is stimulation of eliminating organs.

When it is taken into consideration that the skin eliminates over 80 per cent. of the entire effete matter of the body, it will very readily be seen that the following is the proper agent to direct our attention to first.

The skin must be kept active, and, therefore, we must see how best to insure this. Every night, just before retiring, sponge the entire body with 33 per cent. acetic fluid diluted eight times. Your druggist can supply you with this at a minimum cost. Then every third night take a thorough cleansing bath, and follow this with the acetic acid bath. If you can do so, use a thermal bath before the cleansing bath. If this regime is followed the proper action of the skin will be assured.

The next thing is to attend to the matter of exercise. Take a great deal of outdoor exercise; breathe lots of fresh, pure air; rouse all the organs of the body, and set them at vigorous work.

See that the bowels are free and open; do not allow them to become clogged or irregular. It will be of great aid for a short time to wash them out about twice per week by the use of an enema. (This should be taken in a reclining position, with the hips elevated about eight inches; and the water should be retained as long as possible.) Also drink a quart of hot water just before retiring, and about one-half pint just after arising.

Next, attend to the matter of diet. While there should be a sufficiency of nutritious food taken, yet fats should be avoided as far as possible. Indulge freely in ripe, juicy fruits; stewed rhubarb and stewed prunes, eaten just before breakfast, are excellent as laxatives, and should be used every day.

The venous circulation is also at fault, and should be freed of any obstacles. This can be done by following the manipulations described in the general treatment on another page.

CHAPTER XL

FEVERS

The original cause of fevers is still obscure to the medical world, as a whole; different practitioners maintaining different theories. It is well to remember, however, that fever is not in itself a disease, but only indicates the presence of the cause, and which, of necessity, must be some disturbing element. Since humanity in general requires a form or figure of objective character with which to convey an idea from one to another, scientific medical men have largely decided that some species of infinitesimal creature, possessing an endless variety of characteristics, is present in the atmosphere, differing in numbers and kind according to locality. This is commonly stated as the "germ theory of disease;" and certainly serves to make objective what would otherwise remain an abstract thought, even though it may not serve greatly in combating the real cause of suffering under any form of affliction.

One point should be clear to every well-balanced thinker, however, namely: that when any disturbance of organic functions is once manifest, that disturbance is evidence of its cause. These disturbances frequently—indeed, mostly—assert themselves through some form of congestion. Now, which appeals most seriously to reason—give opiates which promote or increase the destruction of tissue already begun by congestion, or remove the cause of the congestion? No one needs to be told that congestion serves to impede the circulation of the blood, for it is not unlike, in effect, to constructing a dam across a flowing stream. What shall we do? Reason answers: Remove the dam, with it goes the cause of the trouble, and the stream flows uninterruptedly on.

The germ, or "bug" theory of disease, particularly of fevers, then, being so generally accepted by the scientific world, we must needs consider the subject from that point of view. For members of the Home Health Club, however, especially those who are mechano-therapists, or desire to become such, a citadel of sure defense against this branch of "bugology" is found in its teachings. Even as inside a fortress the soldier is secure from his enemies, so, encased within safe physical conditions, we are

assured of immunity from the inroads and consequent results of the dreaded bug-germ. When a person has wholly disregarded the laws governing his human anatomy, lived without rule or the exercise of reason until weakened and abnormal conditions characterize every organ, he practically opens the door and invites the bug-thief to come in and steal away such remaining health as he may have left. Even in such instances of extreme bodily exhaustion, resulting from long-continued care, anxiety, or overwork—oftentimes unavoidable, and where the most rigid exercise of excellent reason could not have prevented the cause of such physical exhaustion—we still create for his bug-majesty the same favoring conditions. He finds no impregnable barriers to his free ingress; so in he goes, finds himself "in clover," and forthwith follows the Biblical injunction to multiply and replenish his kingdom. A few billions of his progeny soon hold high carnival inside his victim's anatomy, and one of the numerous types of fever rages more or less fiercely. Suppose the bony structure had been constantly renewed through a generous supply of phosphates, the muscular anatomy made strong and clean and pure through correct exercise and proper diet, and the nervous system nourished and fortified through the various methods prescribed by mechano-therapy, these myriads of infinitesimal warriors could have made their most furious assaults in vain. Herein lies the philosophy of prevention.

All these laws of self-preservation are known to a small percentage of earth's children, however, and practiced by a still less number; while many, even though fully aware of the danger, yet are led from a sense of duty under certain conspiracies of circumstances to bravely endure the hardships conducive to such bodily states as to permit the destructive, and often fatal, course of disease.

Without further consideration of cause and preventive, however, we shall proceed to point out a sure method of relief for the fellow being who lies helpless within the grasp of suffering.

The first step of course, is to ascertain the type of fever with which the patient is afflicted; and they are many. Of those classified and unclassified, near fifty varieties can be named; and of this number we will proceed to describe symptoms of those to which the human family is most easily subject, and point out the sure and speedy measure of cure comprehended by mechano-therapy.

MALARIAL FEVER OR AGUE

This disease, in general, may be intermittent, remittent, or pernicious; or, otherwise stated, pernicious fevers may be said to be intermittent or remittent; the difference being in the recurring paroxysms, and their slight variations relative to time and character. These paroxysms generally consist of a stage of high fever, cold collapse, and sweating. They are introduced with chills, lassitude, headache, vomiting, and an unnatural brilliance of the eye. The causes are usually attributable to malarial poisoning, which prevails in low, marshy localities. This reduced to the last analysis consists, as we have said, of the germ bacteria, bacillus, or whatever constitutes that first principle from which disease springs; and for the introduction of which into our systems we often, either ignorantly or through stress of circumstances, open the way. The chill ushering in the attack may last ten minutes or two hours, gradually followed by a temperature reaching from 104 to 107 degrees. Spasms, delirium, extreme thirst, and increased headache characterize the different stages.

Pernicious fever, as we have stated, is synonymous, or analogous, with both remittent and intermittent forms, but assuming a more malignant character in that one or more of the internal organs is subject to violent congestion, and this interferes sympathetically, of course, with all vital functions.

When the organ of special attack is the stomach, intense burning in the gastric regions causes fierce thirst, and vomiting ensues. Extremities cold, features drawn, and great relaxation of all physical forces result.

The thoracic type is determined by severe congestion of the lungs; quick, gasping respiration; painful coughing, weakened pulsations, and great suffering throughout the entire body. The cerebral variety is indicated by congestion of the brain, resulting in a stupefied, comatose condition. Another form is that of liver congestion, with severe pains in the locality of that organ. Most of these varieties include vomiting as one of the symptoms, though all the symptoms herein enumerated may not be present. Still another type is known as the algid type. Here no particular part seems affected, but an extreme coldness covers the surface of the body, while the temperature may reach 107 degrees. Cold, damp perspiration flows freely, the breath seems icy, pulse scarcely

discernible, patient apparently has not enough strength to speak, and an appearance of death spreads over the features. No delirium accompanies this grade of fever, the mind remaining clear and free from anything like hallucination. This variety is highly malignant; may last a few days, and may be conquered in a few hours, especially when mechano-therapy principles are opposed to its further continuance.

The proposition that fear is responsible for a larger percentage of deaths than disease is not a new one to many readers; but fear finds its mightiest ally in the results of ignorance, as we have said; administering harmful drugs which really assist in the destructive process of disease.

Treatment: It matters not concerning the special type of fever, for the difference is not in the cause, but in the location of that cause, in different organs or portions of the body. The clarion cry, the bugle blast of mechano-therapy is: Remove the Obstruction!!!

The general treatment on another page of this book is to be observed in the majority of cases, with the addition of such special movements as the locality of the specially affected part demands. Careful manipulation on the sides of the cervical vertebrae, from the base of the skull down the neck, over about four vertebrae. This regulates, makes firm, strong, and normal the onward flow of the blood in the arteries, and controls the impulse to too slow or too rapid action. Need we add that normal circulation of the fluid in the arterial system means normal condition in the entire body and perfect health?

The mechano-therapist also emphasizes the free use, particularly in fevers, of nature's fluid, water. Water refreshes, cleanses, purifies; in general, does for the animal what it does for the vegetable world. Suppose your garden suffering from drought, parched and burning up from heat. Would you simply plant more flowers or vegetables, giving the soil more work to do, and perhaps treat it to an application of some chemical solution which, passing away, would leave the latter condition worse than the former? No one ever thinks of such a course when a flower or vegetable garden has "fever;" but if the facilities are at hand the poor, parched earth is manipulated about the roots or arteries of plants, and cool, refreshing water is turned on in abundance. Why treat our suffering, fever-parched loved ones with less humanity? The condition of the patient will indicate the kind and

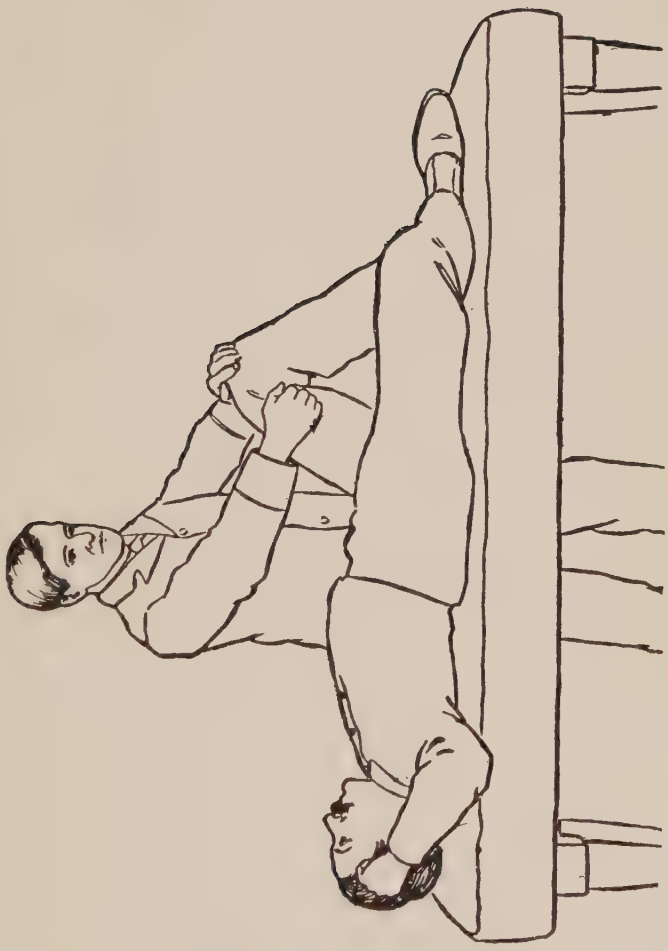


Illustration No. 20.
Manipulating Leg and General Treatment.

quantity of water to be used: warm or cool, drinks, baths, enemas, etc. But water, water, and plenty of it. Water extinguishes fire.

Usually cold feet accompany a hot head; and in such cases the symptoms have indicated the method of procedure. Cold water cloths should enfold the burning brow, to be replaced by fresh ones as fast as they grow warm. A hot fomentation, which means a large piece of woolen blanket, old or new, as most convenient, dipped into boiling water, and wrung till no water drips from it, with an oilcloth or old quilt beneath the patient's feet. Fold the hot blanket over them well up to the knees; the feet will soon be comfortable. Now, having checked effects somewhat, proceed to the more vital seat of the disease with the same rational treatment.

Strangely enough, while medical men, as a rule, agree that the nervous system has been the avenue through which the trouble was introduced into the body, much disregard is manifested about treating through or along the principal nerve centers. Every student of physiology knows that the spinal column is the great conductor of nervous energy from that mighty battery and generator of life force, the human brain, to the various portions of the body. Here, then, is our field of action. With a bowl of ice water if possible, if not, the coldest to be had, take two towels and fold them lengthwise twice, making four double. Saturate both in the cold water. Then wring one out quite dry, and place around the patient's head, low down on the back, folding the ends over the forehead. Change as often as they become heated, perhaps once each minute for fifteen minutes, until a sensible lowering of temperature is apparent, after which change with less frequency until the sufferer prefers to lie quietly, or possibly go to sleep. Now follow up your conquest. Get two large towels. Wring one out of cold water after folding twice lengthwise, and place along the full length of the spine. Fold the other the same way, or, if more convenient, some other soft, dry cloth, and place it to protect the bedding, and allow the fever-burned one to lie quietly upon this cool apparatus, changing it also if desired. If the hands grow cold under this spinal cooling, place them, like the feet, in a hot fomentation. You have now assailed the disease at its vital centers; and from the results must be assured that following up the cause, together with such other rational methods as mechano-therapy advocates, a certain and speedy cure is within

the bounds of hope, although the limit of nine, fourteen, or twenty-one days, as required by time-honored custom, has been disrespected. Another very vital point to bear in mind is relative to food. It is well to remember that no accumulations either of a healthful or unhealthful character can take place in the system except by the consumption of food, water, or air. And just as when the bright sunlight is admitted into our dwellings it reveals accumulations of dust, filth, or cobwebs unmanifest but for the introduction of light, just so when "the creature" we call a disease germ has found lodgment in our inner being, and forthwith kindles a big fire, we may know it but for the presence of material with which to build such fires, which are properly speaking waste or refuse from overfeeding, or improper living in some way. Now, although this interior fire causes intense suffering, and needs to be extinguished with all reasonable speed, yet a real service is being done for the afflicted one, because, in accordance with some of the higher laws, nature is striving to "clean house" for us. We need, then, not only to secure relief from pain, but to cleanse and put into such order as will require no further renovating for a time at least, these dwelling places where the dirt-loving bug found herself so much at home. Opinions differ as to feeding the patient; but here, again, mechano-therapy holds that common reason must grasp the helm. The tongue is the correct indicator of bodily needs; and, until it is no longer coated, the patient needs no food of any kind. Pure water, and that alone, will suffice for every need; though, if the sufferer wishes, a little diluted sweet milk or fresh buttermilk may be given. Is there reason in this proscription of food? Suppose yourself carrying a heavy burden for a long and weary distance, your strength at last gives way, and you sink down exhausted. The burden you have been carrying has caused your collapse, remember. Next, suppose some assistant is sent for, and, upon arriving where you lie, at once prescribed that your burden be increased, and you to arise and go forward with it. A heavy lash, such as is laid upon a poor, tired beast sometimes, might cause you to stagger along under such conditions; but, like him also, you might suddenly die from lack of breath. Would it not be wiser to lighten the burden you had borne, or, if possible, remove it entirely, and allow you to rest? Well, the burden of waste, largely unused food accumulations, doubtless was the cause of your fever. Now, lay the load down utterly, and leave it until nature furnishes you bright, new strength to take it up

again, and she requires no help from food for a while. Eating while this "house-cleaning" is in progress will only delay the work, and there is no danger of starving. To the reader who does his own thinking—and members of the Home Health Club are generally such—these simple, sensible methods must appeal. And though the following varieties we shall enumerate and describe each requires somewhat varying applications, yet the general principles hold good in most cases; always remembering the general treatment as prescribed in this volume.

CHAPTER XLI

BRAIN FEVER

By this term is understood "inflammation of the brain," also of the membranes of the brain, as there is but little appreciable difference between the two, since the disease process extends very readily from the tunics of the brain to the adjacent cerebral substance. As a general rule, cerebral hyperaemia begins with symptoms of excitement, sometimes followed by depression.

To the first category belong intense headache, due to afflux of blood to certain parts of the brain, and to the pressure exerted upon the meninges of the brain, which are endowed with great sensibility. Vertigo is a common symptom, frequent irregular pulse, vivid redness of the face, infected eyes, obstinate constipation, irregular respiration, and rise of temperature; in severe cases nausea and vomiting, acuteness of hearing, with confusion of ideas, also great throbbing of the arteries of the neck and temples.

The brain, that part of the cerebro-spinal system which is contained in the cavity of the skull, generates the forces that control the system, and in order to perform the various functions required it must be well supplied with arterial blood, which must circulate freely, and return through unobstructed venous channels. Obstacles to the return flow of blood produce congestion of the brain, as in compression of the jugular veins.

The cerebral pressure increases when pressure is experienced simultaneously upon the carotids and jugular. The blood leaves the arch of the aorta through the innominate artery on the right side, ascends obliquely to the upper border of the right sterno-

clavicular articulation, where it divides into the right common carotid and right subclavian arteries; the latter supplies the right arm, also giving off the vertebral arteries to the brain, the common carotid passing obliquely upward from behind the sterno-clavicular articulation to a level with the upper border of the thyroid cartilage, where it divides into the external and internal carotid, whose branches, together with the vertebral arteries, supply the brain.

As the arteries and corresponding veins pass upward under the clavicle, and behind the inferior angle of the lower jaw, through a network of muscles to reach the brain, you will readily see that pressure caused from contracted muscles, or settling of the bones, impinging on the blood vessels, and obstructing the return circulation, would cause a large number of cerebral affections and nervous disorders, as headache, vertigo, hysteria, loss of sleep, convulsions, etc.

Brain fever as treated under the old system, proved, in a large majority of cases, fatal. It can be traced almost directly to contraction of the numerous muscles of the neck, obstructing the return circulation.

With the heart still forcing the blood into the brain, and the same being unable to escape, we need not wonder at brain fever, or can you question for a moment that to remove the obstruction, allowing the pent-up venous blood to escape through its proper channel, would cure disease?

Any case of brain fever taken in time can be cured by our treatment, and almost immediately relieved. We hope that every physician, as well as others who read this article, will try our method, as the result will be much more satisfactory than by treating with drugs.

TREATMENT

Place the patient on his back, and begin by working all the muscles of the neck and throat firmly and deeply for several minutes. Then (the operator standing at the head) place one hand under the chin, and pull gently, rotating the head, the object being to stretch the muscles of the neck, thus freeing the circulation. Then pull gently on the head, without rotating, until sufficient strength is used to move the body; repeat this last treatment three times slowly and carefully, then raise the arm high above the head with one hand, with the finger of the other press-

ing firmly between the spine and the scapula, beginning at the upper border of the scapula; lower the arm with a backward motion, and repeat, moving the fingers down one inch each time until the lower border of the scapula is reached, then similarly treat the other side.

Hold the vasomotor center, one hand on each side of the neck, the fingers almost meeting, and in a few minutes after this treatment your patient will be asleep and out of danger. Repeat the treatment in a few hours; once in five hours is usually sufficient, however. The vasomotor center may be held at any time, and always prove beneficial, quickly relieving the patient.

If the clavicle is depressed it should be raised, or if the angle of the jaw interferes with the circulation it should be sprung forward to relieve the carotid artery and internal jugular vein.

LYDIA E. GREENE, M. D., D. O.

CEREBRO-SPINAL MENINGITIS

OSTEOPATHIC

Spinal meningitis belongs to that interesting class of diseases which constantly tempt the physician, and as constantly fail of satisfactory elucidation. The cause is often obscure, the treatment by drugs unsatisfactory, and so far no medicine has been found which meets the indications. A drug vaunted by one is ridiculed by another. All treatment by drugs, therefore, is, and must be, purely tentative. They may relieve symptoms, but cannot remove the disorders. How, indeed, would that be possible?

Waiving the question of cause, we find that an inflammation has been set up in the meninges which envelop the spinal cord. This is simple meningitis, and occurs most often in infants.

Should the inflammation involve the membranes inclosing the brain, we have now cerebro-spinal meningitis. An ordinary, simple meningitis may develop cerebral symptoms, and the cure may be so delayed as to constitute chronic cerebro-spinal meningitis. Allied to this phase of meningeal inflammation is the so-called tuberculous meningitis, which occurs in the subjects of tuberculous diathesis.

Patches of tubercular deposits have been found in a certain number of cases, but they are by no means constant, and it is probable that they belong to the diathesis rather than the dis-

ease proper. Acute hydrocephalus, or dropsy of the brain, is the old-fashioned name of this disorder, and doubtless a searching inquiry would in every case reveal some constitutional unsoundness dependent upon heredity, but the most startling form which meningeal inflammation assumes is found in that strange disorder called cerebro-spinal, or fever, or acute cerebro-spinal meningitis, a disease which, in the swiftness of its course, and the awful fatality which marks its path, possesses all the elements that appall the imagination, and strike terror to the human hearts It was known abroad as early as the fourteenth century, but its first appearance in the United States was shortly prior to the year 1812, during the last war with Great Britain. It ravaged the camps under the name of "spotted fever;" a minority of cases being characterized by purple petechiae, or spots, on the skin. Since then it has appeared at various points in this country, both epidemically and sporadically, and has been especially prevalent in America during the year just passed.

Acute cerebro-spinal meningitis frequently occurs as a sequel to or late development in la grippe; in these cases the violence and fatality closely resemble those of the epidemic disease. Before we say any more upon the subject we would like to make a quotation from one of our osteopathic journals, which will show that we are partially indebted to this dread disease for the great science of osteopathy.

"In 1863 cerebro-spinal meningitis entered the family of its great discoverer (a practicing physician of the old school), and, not willing under such circumstances to trust alone to his own skill, he called to his aid four of the best medical celebrities the state could furnish. All resources of materia medica were exhausted, the battle between love and death was a bitter one, but at its close four lifeless little bodies lay in a desolate home. As he looked upon the waxen, white-clad forms, so soon to find a resting-place in the bosom of mother earth, the thought came to him that surely God did not give life for the purpose of so soon destroying it. He felt that the world must hold something better as a remedial agency than medicine, and vowed to search until he found it."

All authorities tell us that the pia-mater of the brain and cord are usually the membranes most frequently attacked, but probably because they are the most vascular. Although the cause is often obscure, we know there is irritation to the central nervous system.

Where it is not epidemic, we have instances of its being brought on by exposure, by a blow or fall upon the head, or by disease of adjacent structures. It usually begins with a violent chill, followed by burning heat, intense headache, vomiting, pain in the back, and stiffness of the muscles of the neck and back; the face bears a look of suffering, and the head is thrown back; there is pain at the nape of the neck and along the spinal column, not increased by pressure, but much augmented by movement of any kind.

The osteopath, who claims that the greater number of diseases are occasioned by the contraction or displacement of some muscle, or bone, or other structure, or some unnatural pressure upon a nerve or blood vessel, understanding the circulation of the spinal column and the wonderful nerve distribution, by his perfect knowledge of anatomy and physiology, cannot only locate the point affected, but can remove the cause. Each organ and part of the body is provided with an unobstructed nerve and blood supply, and the osteopath knows that when all obstructions are removed, and all the organs of the human machine are made to work without friction, nature is ready to step in and bring health and strength.

Manual therapeutics must be employed to remove all muscular contraction of the neck and spine; the center, which controls the action of the heart and the caliber of the arteries, should be reached. A careful osteopath will meet the indications of the disease in his manipulations, and have the pleasure and satisfaction of seeing his patient regain health.

LYDIA E. GREENE, M. D., D. O.

CEREBRO-SPINAL MENINGITIS

HYDROTHERAPEUTIC

Cerebro-spinal meningitis, or spotted fever, is looked upon with dread by nearly all physicians, and with unmixed horror by the average layman. The great majority of such cases prove fatal, and, when recovery has appeared complete, a little excitement or overexertion has resulted in sudden convulsions, followed by a stupor which ends in death. As a rule, the so-called "spotted fever, or cerebro-spinal meningitis," is not properly understood, and the drugging to which the poor sufferer is subjected is simply torture, without "rhyme or reason."

Illustration No. 21.

General Treatment of Lower Part of Leg, Operator Usually Sitting on Edge of Table.

As a matter of fact, the disease could more properly be termed, as Dr. Tall suggests, "putrid typhus," and should be treated more in accordance with the remedies indicated in typhus fever. Like that disease, it is usually epidemic under conditions of bad sanitation, bad drinking water, excitement, and mental worry. Whole communities may be affected with it, at any season of the year, but it is more likely to arise in army barracks, where the men are overcrowded and sanitary conditions are not good. Isolated cases may sometimes proceed from severe mental worry under conditions of physical debility.

Persistent constipation is one of the prominent symptoms; sleeplessness, high fever, cold hands and feet, dry skin, and gas in the stomach; vomiting, convulsions, and intense pain in the spine and head—all of these symptoms point with unerring accuracy toward the remedy which has proved effective in the hands of all of those skilled in its use—water, the most powerful remedial agent in the universe. Several prominent practitioners confine themselves exclusively to the warm bath. Lifting the patient tenderly, they place him bodily into a full warm bath, with a temperature of about 95 degrees Fahrenheit, allowing him to remain ten to fifteen minutes, during which time hot water is added so as to bring the temperature of the water up to 106 or 108 degrees, a cold compress being used meanwhile to the head. He is then lifted out and replaced on the bed, and covered with blankets, no attempt being made to dry him. As a result the temperature of the body is lowered instead of being raised, as one would suppose. This treatment is repeated twice during the day, but not at night. In fact, some physicians do not advise it early in the morning nor late at night.

Now, in the case of thousands of people who read this book, such a method would be wholly impracticable, simply because there is no bathtub in the house. I consider a good báthtub and bathroom of a great deal more value, and indicating more refinement, than a parlor or an organ or piano, and I hope the time will come when, in the building of a house, a person would as soon think of leaving out the doors as the bathroom. But, as the bathroom is not there, we must find a substitute, and one that will be effective. We must meet conditions as we find them, and be able to conquer every difficulty, or turn the patient over to the drug method.

We must reduce the fever, and, in order to do so, must open

the pores. A common oilcloth must serve as our bathtub, and the bed as our bathroom. A good-sized blanket must aid us in giving the bath. We open the pores by first gently rubbing all over the body with an acid, such as may be squeezed from a lemon, or taken from the vinegar cruet. We have a wash boiler half full of very hot water, and a bowl of ice water. Place a folded blanket in the hot water, and knead it until the heat has thoroughly penetrated every portion of it. Plenty of help must be at hand, and as soon as the blanket is hot wring it out quick with a wringer, just so as to prevent the water from dripping. Have the patient raised bodily in the sheet upon which he is lying, quickly slip the oilcloth under, and on top of that the hot blanket, opened out as it is placed in position. Let the body, sheet and all, be lowered onto the hot blanket, and the sides brought over so as to completely cover the body in the steaming, hot folds. Quickly apply a cold compress to the head and back of the neck, and let him rest comfortably. The compress must be changed frequently, so as to keep the head cool. Keep the patient in this warm bath from five to fifteen minutes, according to his condition.

Secure an equilibrium of the circulation, a free action of the skin and bowels, withhold solid food, and rest content. The bowels can best be made active in such cases by drinking freely of citrate of magnesia, which can be prepared by any good pharmacist. The temperature of the room must be kept very even, and the air fresh. In winter time a good stove or fireplace helps to keep the air pure. Hyposulphite of soda in teaspoonful doses every three hours will relieve the vomiting, while an injection of an infusion made from lobelia herb will relieve the convulsions. The enema should be retained as long as possible. Some of those who practice this method advise the diet of fresh meat daily, but I do not agree with them. Not a great deal of food is required. The system is attempting to throw off the toxins with which it is filled, and has not much use for food.

Sipping hot water in tablespoonful doses every five minutes, or even ice water sipped in this way, if preferred, will help rid the system of the disease poisons; and a little hot milk whenever the patient feels inclined to take nourishment will probably answer all purposes. The very best of care must be taken of the patient during convalescence, avoiding excitement, worry, and stimulants.

A return to the active duties of life should be gradual, and for a year care should be exercised not to overexert. One of the

distressing peculiarities of the disease is the intensifying of all the sensibilities. The slightest noise sounds as loud as the rumble of a cannon. The sensation of taste, touch, smell, and sight all share in this acuteness. Therefore, extreme care should be exercised to prevent the slamming of doors, loud talking, moving of chairs, etc. Odors, bright lights, and other things of a nature to irritate the nervous system should be guarded against.

CHAPTER XLII

CONSTIPATION

This is one of the worst curses of the age; it affects more people, and less pains are taken to overcome it, than any other disorder. One of the deplorable facts connected with this trouble is that it is usually brought on by negligence, probably at an early age.

Constipation is too common a term to require any definition —in fact, a very large percentage of the people are personally affected with it. The cause of its being so largely present throughout the country can probably be attributed to the fact that it produces no direct pain—that is, none of the disorders which it causes are ever (seldom, at least) thought to result from it.

What causes constipation? This is, indeed, a very interesting matter to investigate. After all of the nutrition is absorbed from the contents of the stomach, the refuse matter remaining is passed on through the ileo-caecal valve into the colon. There are several causes which produce constipation, but they are all readily overcome. It is sometimes the result of deficient peristalsis, although stricture of the sphincter-ani is many times the direct cause.

There are several causes which produce deficient peristalsis. Of these the most common is deficient, or improperly selected, food. In the former case there is not enough material to cause natural vermicular action, and, as a result, the effete matter is not expelled. This is the same where too highly nutritious food is indulged in. There is not enough of the bulk which remains unabsorbed by the system to excite normal peristalsis. Where there is a lack of fluid, the chyme is too compact to be thoroughly mixed with the digestive juices. As a natural consequence, the walls of the intestines are not sufficiently lubricated, causing friction and difficulty

of movement. Astringent foods and drinks check the mucous secretions, causing friction, with the same results as above cited. Indigestible food is much the same, for it cannot be properly acted upon by the digestive fluids, and is, therefore, hard, and causes friction. Irregularity in the matter of ingestion causes serious results also, because it disturbs the natural rhythm of peristalsis. Meals should be eaten as regularly as possible, so as to overcome any difficulty in this direction. Overeating is also very liable to cause constipation, because there is so much effete matter to expel that it is beyond the power of the intestines to move it on.

The above are all dietetical causes, and, of course, the treatment would be to remove the cause in each case. But there is another cause, and it is probably the most prolific of any. This is a stricture of the internal sphincter-ani. To understand this correctly, it is best that we investigate the anatomy of the colon.

The colon is a convoluted tube reaching from the caecum, which is on the right side of the body, up to a point under the liver, where it turns and passes transversely to near the spleen, where it heads downward, continuing to a point on the left side about parallel with the caecum. Here it makes a double fold which, because of its likeness to the letter "S," is called the sigmoid flexure, where the convolutions are discontinued.

It is here, at the sigmoid flexure, that the rectum begins. It is a cylindrical pouch which passes from the flexure across toward the right side, till it reaches a point nearly in the median line of the body, where it descends to the anal straight, but becoming constantly larger, forming what is known as the pouch of the rectum, which is located just above the anal straight. The anal straight extends from the rectum to the external orifice of the bowels (the anus). It is about one inch in length.

The anus is guarded by two muscles—the internal and external sphincters. The external is located just beneath the skin, at the opening of the rectum. It is composed of a dense layer of muscular fibres, which surround the rectum. The internal sphincter lies within the walls of the rectum, and is situated about an inch from the opening of the anus.

The external sphincter is entirely under the control of the will, or the sensory nerves system, and can be relaxed whenever desired. This is not true of the internal sphincter; it is under the control of the sympathetic system of nerves, and is, therefore, one of the involuntary muscles.

Now, fearing that I have confused you somewhat by my use of the term rectum, so that you may have the idea that the internal sphincter is located just beneath the skin, and, consequently, around the opening of the anus, I will explain: The internal sphincter is located at that point where the rectum ceases and the anal straight begins, which is about an inch from the external orifice, while the external muscle is located just beneath the common integument of the body.

The bowels should be evacuated at least once per day, just after the first meal of the day probably being the best time, although just before retiring is equally as good.

When the usual amount of feces have been received by the colon, the peristalsis forces it past the sigmoid flexure into the rectum. The mass here presses on the terminal filaments of the sympathetic nerve, and these convey to the brain a message to the effect that the party should go to stool.

Whether the call is responded to is purely a matter of one's own pleasure, for the Creator had to place the external sphincter under the control of the will in order that the matter could be postponed, should the individual be in some place where he could not instantly go to stool.

If the feces are not presently discharged, the peristalsis reverses, and they are lifted up above the sigmoid flexure again, probably (especially in old people and those who lead sedentary lives) to remain until that time of the next day which is usually devoted to stool.

If this failure to comply with the demand of nature is frequently repeated, the muscles soon become unable to lift the feces back above the sigmoid flexure again. The mass still continues to press upon the sympathetic nerves, causing great restlessness, insomnia, and kindred nervous disorders.

But this is not all. Feces should never be retained, because they rapidly ferment, giving rise to poisonous gases. This fermentation is brought about by the moisture still remaining in the feces, and the natural heat of the body.

It is a fact that absorption is very rapid from the colon. When the victim of any disease becomes unable to receive nutriment through the stomach, it is supplied by the process of nutrient enemata—the injection of liquid nutriment into the colon, from where it is readily absorbed into the system. This being true, it will be seen that the gases and other matter resulting from the fer-

mentation of the retained feces readily passes into the circulation, poisoning the entire system. This requires such increased vigilance on the part of the glandular organism of the body, to protect the tissues, that they soon become deranged. In time the irritation to the sphincters causes a constant contraction of them, and it is with difficulty that the feces pass them.

When the bowels do not act as they should, the subject invariably resorts to some form of cathartic, which causes the contents of the bowels to be expelled, and usually leaves the patient in a more constipated condition than before. It is certain that a cathartic has no influence on the sphincters, and that is what is causing the trouble.

In constipation, as in other diseases, the cause must be overcome, and then the disease itself will disappear. If the cause is in the diet, then correct that feature, and the constipation is overcome. If you do not eat heartily enough to stimulate peristalsis, increase the amount ingested; if your diet is too highly nutritious, change it, and so on.

If the trouble is the result of a contraction of the sphincters, the proper method of treatment is by dilatation, direction for which will be given in the following article on piles.

CHAPTER XLIII

PILES

It will not be so difficult to explain this subject, since the anatomy of the colon was given in the preceding article on constipation.

In considering the subject of piles, one of the first things to which I wish to call your attention is the peculiarity of the veins in the colon. By referring to angiology you will find that all veins are supplied with valves, but in the one case of the colon this is not true. Remember this.

Let us go back to the article on constipation and go over the anatomy of the colon again, referring particularly to the sphincters. It is there explained that these contract if they are irritated, and it is this fact which we have to consider in piles.

The veins, as was above explained, are devoid of valves in the colon. Now, when these sphincters contract, the blood, unable

to return to the heart, stagnates, forming little pile tumors in the course of time.

Now I think it certainly must be evident to all that the cure lies in overcoming the contraction of the sphincters. How unreasonable it is to advise the patient to submit to surgery! While the operation will remove the tumors for the time being, yet they soon reappear, for the cause has not been removed.

There really is but one method of home treatment by which piles may be cured, and this necessitates the use of a small mechanical device called a rectal dilator. There are a great many makes of the dilators, and all are more or less successful. After having given each a thorough test, I find that the Weirick rectal dilators serve the purpose best. These come in graduated sets of three, are of such a shape as makes them self-retaining, and are made of hard rubber, thus making it possible to sterilize them with hot water. They come packed in a neat box, and full instructions regarding how to use them accompany each set.

These can be purchased, as I stated in pamphlet No, 2, of Home Remedies Co., La Porte, Ind. The price of the dilators is $3 per set, but by mentioning the fact that you are a club member you can secure a discount of 10 per cent.

If any of you are troubled with piles, or with chronic constipation, the best thing you can do is to purchase a set of these dilators. They will afford you relief and an ultimate cure if your case is the result of a stricture of the sphincters.

Many physicians who have written asking my opinion regarding stubborn cases of constipation and piles have, as the result of my advice, cured cases which they had given up because all their efforts had failed. When ordering these dilators always direct your orders to me at Laporte, Ind., and not to the Chicago office.

For severe itching piles or prolapsus of the rectum write to the home office of the club for special suggestions. Don't forget to enclose plenty of postage.

Illustration No. 22.

Stretching Leg Muscles and Freeing Circulation.

CHAPTER XLIV

DYSENTERY

During the summer and fall, when there is usually an abundance of fruits and juicy vegetables added to the dietary, as well as an unusual amount of liquid taken into the system on especially hot days, there is usually a tendency toward an increase of the troubles which properly come under the head of dysentery. In this list might be included cramp, cholera morbus, flux, diarrhoea, etc., as they all appear to be but modifications and varying degrees of the same trouble.

There are many methods of treatment advocated, the most popular of which appears to be that of running to a drug store and buying a bottle of Professor Nobody's Instantaneous Sure Cure. Relief from the pain follows at once, and the sufferer is for the time satisfied; but it is not long before it is found necessary to consult the good old family physician for some obscure derangement of the system, and it takes months of careful nursing to secure even a fair degree of return to the normal condition. Why? Simply because a poisonous drug was taken into the stomach, which in no way removed the cause of the pain, but simply destroyed the ability of the poor nerves to tell the brain that there was something wrong. They were paralyzed and bound over to silence; the irritation increased and extended to some other organ, involving the whole system to a greater or less extent.

Suppose, on the other hand, that the cause of the disturbance had been intelligently sought after and removed; nature would at once cause the nerves to cease crying out with pain and a cure would surely follow.

In the system of treatment which has been so aptly named Mechano-Therapy there are several ways of relieving conditions of this kind, which give certain and sure results without the possibility of harmful effects following after.

One of these methods is that described by Barber, and also by Davis, in their excellent works on osteopathy, and consists in placing the patient on a chair or stool, with his back toward you; set your foot on a lower round of the stool so that your knee will rest against the small of the patient's back; grasp him firmly by the shoulders and bend him backward over your knee quite strongly. This simple movement causes a pressure upon the

nerves of the spine which control the peristaltic action, and, to a certain extent, quiets their rapid action, and relief is obtained in some cases almost instantly. I was once called to the home of a neighbor, where I found a babe of three months reduced to a skeleton, and with dysentery so bad that it appeared almost like attempting a miracle to try to relieve it.

Here was a case that could not be handled as above described. The parents expected me to give drugs and other usual remedies, but instead I placed the points of the fingers of both hands under the body, and, pressing them closely against the spine in the small of the back, gently lifted the little body upward, allowing the whole of its weight to rest upon my fingers. This I gently and quietly repeated two or three times, and the piteous moaning ceased. In less than five minutes the little thing drew a long, deep breath and dropped into a refreshing sleep. Those in the room looked on in amazement, not understanding what I had done, and wondered if I had cured by the "laying on of hands." Well, in this case I did, but not as they supposed.

I explained to them what I had done, and directed that in case the child awoke and cried for food it should be given scorched milk, diluted as usual, and if the dysentery returned that an enema of one teacupful of cold water in which a teaspoonful of vinegar had been placed, should be given. The directions were followed intelligently, and two days later I found a faint smile on the wan little face, and the eyes looked bright and full of life.

The enema of cold water, say two teacupfuls, with a dessertspoonful of vinegar in it for an adult, will, as a rule, give quick relief without other aid. It may be found necessary to repeat it in one hour, but seldom will it be required the third time if absolute quiet is observed. The best diet in such cases is dry toast and boiled milk sipped hot, using care when returning to a more solid diet.

In these few simple directions there is, as a rule, a cure for almost all acute attacks of this nature, but absolute quiet must be insisted upon.

CHAPTER XLV

CHOLERA

This is an acute, specific, infectious disease occurring epidemically generally, and is characterized by violent purging of a peculiar watery fluid, together with persistent vomiting of a similar fluid, accompanied by extremely severe muscular cramps. The lethal tendency is most prominent in the nervous system, complete collapse occurring, and subsequent death.

This disease is attributed to bacilli by the majority of the profession, there existing during its presence what is known as the comma bacillus of Koch. I take the same stand regarding this case of "bugology" that I do regarding all the others —that the germ is a result of the disease, and not its cause. I do admit, however, that the germ is infectious and that the disease is frequently transmitted in this manner.

About the only way in which cholera is infectious is through the stools, these infecting the drinking water. Now this statement may seem preposterous at first, but it is true. It will be remembered that the particular sections of the United States which have been visited by this dread disease have all been located in the South. While this may not, on first thought, seem significant, yet it is substantial evidence in proof of the assertion that the means of infection are through the stools into the drinking water.

In the South, particularly until recently, the sewerage has not been like that of the North. In the North the sewerage is drained off a suitable distance from the cities in subterranean waterways, constructed on different plans, and being in a very commendable degree sanitary. In fact, where they are kept in order they are perfectly so. But in the South things were, and are in some instances even yet, decidedly different. The sewerage was all drained off in open ditches, which permitted the excrescence from the body, directed through this channel, to penetrate to a certain degree the soil, and thus impregnate the water. It is thus seen that infection takes place in this manner.

In coping with this disease it is necessary to take into consideration the element of fear, which is a very important factor. This brings out some very interesting facts. The entire alimentary system, including the colon, is controlled by the same nerve plexus

that governs the emotional nature. This may not seem to be particularly significant to those who have not given the matter considerable thought. I will explain farther. When a person becomes badly frightened it is an established fact that he frequently vomits or evacuates the colon, possibly both. This can be verified by simply noticing a horse when he becomes frightened; nine times out of ten the colon is evacuated. Now that I have stated the facts, the next thing will be to give the reason why.

I stated above that the same nerve plexus which controlled the action of the alimentary canal also was the seat of emotions. Thus, these same nerves which are acted upon to produce fright (an emotion), also govern the alimentary canal. During fright the first thing which these nerves do is to prepare for the apprehended attack. As they desire to reserve all their energy for this, they proceed to unburden themselves of the incumbrance placed upon them by the necessity of directing the actions of digestion, assimilation, and normal elimination, causing all food in the stomach to be ejected by vomiting, and anything which may be in the bowels to be eliminated through the colon. After this is done the nerves are free to direct their energy to avoiding the calamity which they fear.

The particular thing, then, to be avoided in this disease is fear. For the peristaltic action is being goaded to fearful excess now, and vomiting is also probably occurring. The best way to suppress fear is to inspire confidence; and the best way to inspire confidence is to prove your ability. By applying the following simple bit of mechano-therapy you will at once prove your ability to control peristaltic action, thereby readily inspiring the confidence of your patient, which will eliminate the dangerous factor of fear.

Place the patient on his back, laying him near the edge of the bed, so as to be able to apply the following:

Place the hands underneath the body on either side of the spine at about the third to fifth lumbar vertebra (anywhere in the small of the back will do), pressing forcibly, and then, the patient relaxing as quickly as possible, lift him almost free from the bed, and hold him thus as long as you can (at least one minute). Repeat this five times, if the patient is strong enough to endure it. Apply again in about two and one-half hours, or as conditions indicate. The patient will be relieved almost instantly, and his condition will steadily improve.

Or, if the patient can leave his bed, have him sit on a stool, inflate his lungs to the utmost capacity, and retain the breath during the above treatment. Now take your position behind him and, placing your right knee in the small of his back, reach over and grasp him firmly by the wrists; press in hard with your knee, at the same time pulling his hands strongly upward and backward over his head, continuing for about one minute. Now let him exhale and breathe normally for about thirty seconds. Then repeat the treatment as above, the lungs of the patient being inflated as before. Repeat this five times.

Keep the patient in a quiet, sunny, pleasant place, and do not permit him to entertain any other thought than that he is to be entirely recovered in a few days. The diet should be very light, and should consist of liquids entirely, which will cause as little exertion in the process of deglutition and digestion as possible. I should prefer scorched milk, possibly with the addition of a slight amount of scorched flour.

This treatment will be found very effectual, and the results will be highly satisfactory. To those who give it an honest trial it will prove conclusively the worth of mechano-therapy, and the validity of its declarations.

CHAPTER XLVI

PURPURA, SCORBUTUS OR SCURVY

Scurvy is a disease in which there are numerous subcutaneous purple discolorations, caused by extravasation of blood into the tissues. These purple spots generally affect the lower limbs, but are sometimes present also on the chest and arms. There is slight febrile reaction (fever), the gums are swollen, pronounced anaemia, and is generally accompanied by nostalgia (homesickness).

Here is a disease in which the "bug" theory is quite plausible. But in this particular case the entire profession has not yet credited the assertion that the disease is caused by germ infection. I have frequently said that a perfectly healthy person could be inoculated with any of the bacilli known to science, and yet suffer no ill results. I do not hold a different opinion in scurvy, either, but the idea of predominant bacterial infection is plausible because the disease

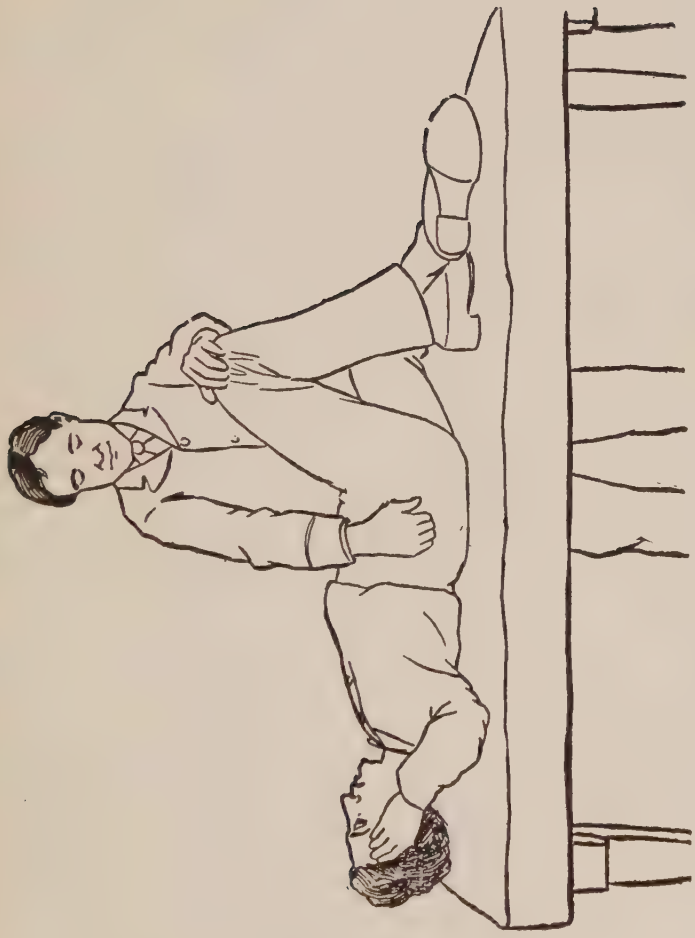


Illustration No. 23.

General Treatment of Thigh.

is invariably contracted under circumstances which are antagonistic to perfect health.

I have but to refer you to some old veteran of the war of '65, who suffered in the Southern prisons, such as Andersonville or Libby, for corroboration of my statements regarding the conditions which bring on scurvy. It is consequent on a long- continued dietary of salt meats without vegetables, stagnant water, impure air, and kindred absences of sanitation, such as prevailed in those prisons.

The poor, suffering martyrs were crowded into some dark, damp, musty subterranean pen. Here they were meted out stinted apportionments of food tainted with decomposition. The water was stagnant and the air close and foul. The poor bodies soon broke down under this forced abuse. Many a man sank exhausted to the ground and lay there for days, suffering the tortures of Hades, and all the time wallowing in his own excrescences.

Under these conditions scurvy thrives. I think it is plain to see that a system subjected to the above abuses would be in proper condition to harbor any germ which might find ingress there. (But I think the proper statement would be that such a body was not in proper condition to withstand the attack of any germ which might assail it.) I think you will see that this, then, is a disease which could be attributed to a specific germ. Although this theory is not accepted by the entire profession, yet it is fast gaining ground.

Scurvy causes a change in the blood which makes it thin and watery, and, as a consequence, it seeps through the walls of the blood vessels and causes the spots which characterize it. In the beginning the spots are of rather a reddish hue, turning purple in a short time, however. This is not all, either; hemorrhages occur on the slightest provocation, further robbing the weakened system of vitality. They may occur in almost any part of the body, and they are so very persistent as to refuse to be controlled by any known method. Without any apparent cause a hemorrhage will occur in the nose, the ears, from the back of the hand, or from any one or more of dozens of places.

And now is a good time to call attention to another serious error of drug treatment. This disease is simply a debilitated, impoverished condition of the entire system consequent on devitalized blood. Mercurials are frequently prescribed by physicians, sometimes for one thing and sometimes for another. They con-

stitute that division of cathartics known as cholagogues, which the physician of a few years since used so lavishly. The cholagogue was given for an affection of the liver, in which the bile became dammed up at the common orifice of biliary and pancreatic ducts (ductus communis choledochus) into the descending duodenum. For what reason they had not the remotest idea, but they were of the opinion that they dissipated the bile. (It will be remembered that the bile appears just under the skin in the above mentioned liver disorder, giving the subject a sallow, yellowish appearance.)

These mercurials are treacherous drugs (as are all others), and play havoc with the body. One particular thing which they do, and the one which I wish to mention here, is that they kill the life of the blood. Thus, cases of scurvy are frequently the result of previous doping with mercurials.

Treatment in this disease is very simple, and yet common-sense study of the case is necessary before a method of cure is discovered.

What is here necessary is to build up the blood; make it rich and red and riotous, so it will leap through the arteries, a power of powers, laden with nutrition to strengthen the tissues of the body. This is what we want to do, but how to do it is another proposition.

The first thing to correct is the diet. Eat fruits, eat vegetables —lots of them—eat bread, drink milk, but let salt meat alone. Don't touch a single bite of pork; eat nothing cooked in lard. Do not use tea or coffee; drink rich milk instead.

Breathe! How much that one word means. Of course when I say breathe I mean to get in the pure, fresh air, and then fill your lungs to bursting—not once, but dozens of times—with the essence of life. This will build up blood; this will make it rich and red and riotous.

Keep the bowels active and regular. Take a thorough enema of a quart of warm water three evenings each week. Eat freely of stewed prunes and rhubarb. Drink a quart of hot water every night before retiring. Drink a great deal of pure water at all times.

What is desired in this affection is a complete rejuvenating of the entire system. Get out in the sunshine as much as is consistent with your strength. Walk about—and breathe!

This is the mechano-therapeutic treatment for scurvy. It is not complicated, but is a simple, common-sense method with-

in the reach of all. How absurd it would have been for me to have directed that some poisonous medicine be given to correct this condition! It would be about on a par with a man out on the plains, with just a wee bit of a fire started, and not a match within four days' travel, turning the contents of his canteen on it instead of nursing it into a vigorous flame with dry grass and twigs. It does seem so queer that the majority of methods for correcting abnormal conditions existing in the human body are so absolutely devoid of any appreciable display of common sense.

Mechano-therapy is the method of cure used by the Home Health Club, and its results prove its merit.

CHAPTER XLVII

DISEASES OF THE HEART

There are several diseases affecting the heart, all of which bear very pompous names. Each of these is considered separately by the average author of medical works, not because there is any good reason for it, but because it fills space, and makes "an appearance." All of these troubles of the heart are due to practically the same cause, and are met with almost identically the same method of treatment. This being the case, I shall just treat the matter generally.

The heart is the engine which turns the wheels of that wonderful piece of machinery, the human body. It puffs away, night and day, year after year, until life is spent.

Let us consider the anatomy of the heart. (Refer to angiology.) The heart is a conically shaped organ, with its base directed upward. It occupies a position between the two lungs, mostly to the left of the median line of the body, between the third and fifth costa.

The size of the organ varies considerably in different individuals, and in females the organ is larger or smaller, in accordance with the size of the person. The heart of the male is about two ounces heavier than that of the female, the mean weight being about ten ounces.

The heart is incased in a membranous sack, called the pericardium, of the same general shape as the organ (conical), but

with its apex at the top, and its base attached to the central tendon of the diaphragm. The heart moves freely in this sack. It is lined with a membrane called the endocardium.

The heart is divided into lateral halves, and these halves are then subdivided into two chambers each, making four chambers to the entire organ. The upper compartments are called auricles (little ears, or receivers), because they receive the blood into the heart, as it goes through only one side at a time, then leaving the organ, and after a detour to the lungs, which will be explained later on, returns to the other side of the heart, entering the auricle of that side. The lower cavities of the heart are called ventricles (bellies), the blood leaving the heart from each of them. These auricles and ventricles are called right or left, according to the side on which they are located.

The venous blood enters the right side of the heart by the two venae cavae, being poured into the right auricle. It passes down through the tricuspid valve into the right ventricle, thence through the semilunar valve into the pulmonary artery. (You will notice that the blood does not pass from the right to the left side of the heart, but from the upper to the lower right. This was not true in the fetal circulation, as the blood then passed through an opening in the septum dividing the two ventricles, thus passing from the right to the left side of the heart without leaving the organ. This opening is called the foramen ovale, and is guarded by the Eustachian valve, which consists of a single membranous fold of a semilunar shape).

The blood is conveyed from the right ventricle to the lungs by the pulmonary artery. Here it is purified and oxygenated. It is returned to the heart by the pulmonary veins entering the left auricle. It then proceeds downward, through the bicuspid, or mitral, valve, into the left ventricle. It leaves the heart through the semilunar valve, entering the aorta. This great artery distributes the blood to the entire system. This is a sufficiency of the anatomy here, however, as you can refer to angiology for a complete consideration of the subject.

The normal heart beats seventy-two times each minute, thus making the magnitude of its labor enormous. The amount of blood in the human body is one-twelfth of the weight of the individual. Thus, if a man weighs 150 pounds, his blood supply amounts to twelve and one-half pounds. As this is about the average weight for a man, let us do a little computing on that basis. The heart

sends forth a certain amount of blood with each pulsation, depending, of course, on the amount of blood in the person, the size of the heart, etc., but we shall base our computations as follows:

The blood makes the circuit of the entire system in about ninety seconds. There are twelve and one-half pounds of blood, then, pumped through the body every ninety seconds. In this same length of time the heart pulsates 108 times. This being true, the heart pumps about 1.852 ounces with each pulsation.

There being seventy-two pulsations to the minute, the amount of blood handled in that time is eight pounds five and one-third ounces. Every hour the amount pumped is 500 pounds; 12,000 pounds in twenty-four hours; 4,380,000 pounds in a year, and 306,600,000 pounds in the allotted three score and ten years.

Changing our figures to gallons, we find that the heart pumps 38,325,000 gallons of blood throughout the entire body in the course of seventy years. Then, if this blood were confined within limits, it would make a pond ten feet deep and about 250 feet square; enough to drown thirty thousand people in at once. This would require ten men, working ten hours per day and six days per week, sixteen years, four months, and six days to pump the pond dry, assuming that they pumped at the rate of seventy-five gallons per hour for the entire time. This would take one man, then, 163 years, three months, and 15 days to pump the same amount of blood which his heart pumps in seventy years.

On first thought, this seems preposterous, but when you remember that the heart pumps twenty-four hours each day, instead of ten; that it works seven days a week, instead of six, I think you will readily see that the above figures are correct.

Going still further in our computation, if we place this blood in equilateral cuboidal receptacles, holding just one gallon each, and place them in a continuous row, they would reach a distance of 4,067 miles, or more than across our entire continent. Taking these same receptacles and building a wall of them, we could inclose a space of sixteen miles square with a wall one mile high. I think this will be sufficient to illustrate the magnitude of the work performed by the heart.

What a great blessing this popular trouble known as "heart failure" is! I really do not care to contemplate the awful dilemma which it would place the coroner and average physician in should this magnanimous "heart failure" refuse to assume responsibility for all the deaths which result from any cause whatsoever not

familiar to these dignitaries. You can pick up almost any of our daily papers, and see announced in headlines black enough for mourning that "an unknown gentleman dropped dead on the street this morning. His demise was probably caused by heart failure." The facts of the case really are that it is not known whether the victim died of heart failure or was sandbagged.

The heart as you will remember, occupies a position above the diaphragm. The stomach occupies a position just below the diaphragm. In cases of indigestion gases form in the stomach, distend it, thus pushing the diaphragm up against the heart. This alone is responsible for the greater part of all heart trouble.

It can readily be seen that the only way to overcome this would be to correct the stomach disorders. When this is done the heart will give no further trouble.

One thing which must be remembered in considering heart troubles is the fact that any impurities which may be in the blood would readily affect this organ. If the blood is impure, it will affect the heart and cause heart trouble.

The way to overcome this would be by keeping the blood pure by supplying it with an abundance of fresh air. Exercise a great deal in the open air, and breathe long, deep breaths all the while. Walk out in the country, over the hills, and by the streams, gormandizing upon the wealth of pure, highly oxygenated air, and drinking deep of the sweet perfume of delicate flowers, whose lips still bear the impression of a kiss, fresh planted there by a roguish sunbeam.

One need never fear heart trouble if he keeps his alimentary canal performing its functions correctly, and his blood red and pure.

CHAPTER XLVIII

DIGESTION

Ever since the Home Health Club was organized I have laid great stress on the matter of diet. In my lectures I have written thousands upon thousands of words, prescribing and proscribing articles of food; I have shown you the process of digestion so that you could yourself see why certain things were so, and I am very

happy to be able to say that even my fondest anticipations, my most sanguine dreams, have been transcended, and a great army of recovered cases of stomach disorders now pay the tribute of enthusiastic commendation to the club because of my efforts.

I shall not devote as much space to this subject in this volume as I have in my lectures. Not that I regard the matter of less importance now than I did then, but, besides the fact that you have a more comprehensive knowledge of the subject, it must be taken into consideration that in the lectures it was necessary to recapitulate extensively in order to keep certain facts before the reader in reasoning out the "whys" in articles necessarily separated by at least one week.

In this advanced and enlightened age of ours it is a glaring fact that man has not even learned to eat correctly. It seems strange that this, the primary feature of existence, is so sadly neglected, when it is taken into consideration that every tissue in the entire body is dependent upon the nutrition furnished it from the food which is taken into the system. How truly it has been said that "man is what he eats." Just stop and think on it a moment. A piece of bread is eaten and converted into a muscular cell here, a nerve cell there, and probably the next is a brain cell. So, you see, man is really what he eats.

The very first thing which must be looked to, in order to insure perfect digestion, is the proper mastication of the food. It would make no difference how well the food was selected, nor what other dietetic rules were observed, if the matter of mastication was not properly attended to.

Do not mistake by thinking that the only value of mastication is that of pulverizing the food. The operation of mastication excites the flow of saliva, the juice which is so requisite to digestion. Every morsel of food that enters the mouth should be thoroughly chewed—and thoroughly chewed means not less than thirty times. This will pulverize the food, and the flow of saliva consequent on this proper mastication will convert the food into liquid.

A great many people have in some way formed the opinion that rapid chewing is disastrous. While I agree that it is somewhat at variance with etiquette, yet it is a fact that it rather aids digestion than otherwise, in that it stimulates the flow of saliva more than does slow mastication. The first thing, then, is to chew thoroughly.

This food, after leaving the mouth, passes down the esoph-

Illustration No. 24.
Stimulating the Liver.

agus to the stomach. Here it is mixed with the gastric juice and is churned in various ways by the several pairs of muscles which form the wall of the organ itself.

After having been churned sufficiently here it is passed out through the pyloric orifice into the duodenum, where it is mixed with the pancreatic, bile, and other intestinal juices, and undergoes the complement of its formation into nourishment of a proper character for assimilation.

The lymphatic circulation receives the nourishment into the receptaculum chyli, which lies in front of the first and second lumbar vertebrae, a little below the diaphragm, and is distributed throughout the body by the various branches of the thoracic and common lymphatic ducts.

That part of the food which is not used is passed on down beyond the ileum, through the ileo-caecal valve into the colon. It is then passed on through the ascending, tranverse, and descending colon, past the sigmoid flexure, and is finally expelled from the body. This disposes of the entire quantity of food which is ingested.

Now that you have seen the process of digestion, the next thing is to select a diet. I do not want you to think I intend going all over the entire scope of this subject and giving specific directions for diets in various diseases, or even for the various conditions governing the lives of different classes of people who are in possession of health.

In the first place I could not take the space here to do this, as a volume would be consumed if it was given proper attention. And then, too, I do not think it at all necessary, because those who secure this book will, in all probability, also have Volume I., and in that a great deal is given on the subject of diet, and there are also some very valuable tables given, showing the value in specific properties of nearly all the more common articles of diet. A general consideration of the subject will be all that is necessary in this volume, I think.

Food combinations is one of the most important matters which confronts him who is troubled with indigestion in any of its prevailing forms—and not only him who is afflicted, but every one.

Here is a man who carefully selects the articles of his diet and is extremely particular to have his food prepared correctly; yet a few hours after each meal he suffers torment from stomach troubles. He has sour risings, the abdomen is bloated, and the pain is dreadful. Now, where is the trouble?

Illustration No. 25.
Stimulating the Liver and Chest.

Upon investigation it is found that, although this man ate nothing but wholesome foods, prepared in a wholesome manner, he did not choose the several articles of a single repast with any thought of how they would harmonize. This is one of the most common stumbling blocks today. Those who are thoroughly familiar with the requisites of diet, in so far as whether an article, within itself, is wholesome, and whether it is properly prepared, are frequently entirely ignorant upon the subject of food combinations. Let us investigate the matter.

Milk is a most excellent article of diet, and one which is universally conceded to be perfectly wholesome. A certain person is aware of this and uses it freely, which is dietetically proper. This person is also very fond of watermelon, and, it being a good article of diet, he indulges in it at the same meal. He is very much chagrined when his stomach rebels an hour or so later, and he is inclined to think that dieting is all a humbug, and that the good Lord is responsible in that He did not make his digestive apparatus as he should.

Here is a plain case of improper combination. The milk by itself is all right, and is very nutritious, and the watermelon, although containing about 95 per cent. of water, and therefore being of practically no nutritive value, is agreeable to the taste, and is very cooling. So long as they are not indulged in too freely, they are very good. But when the milk and the watermelon are thrown together the result is that there is fermentation, and the person using this combination suffers from stomach trouble. Now, either of these articles could have been used separately with no unpleasant results.

I have not referred to watermelon and milk for any particular reason, except to call your attention to two well-known, much-used articles of diet that form a bad combination.

Let us consider the matter of change in composition of common properties—viz., mineral, vegetable, and animal. It is an established fact that mineral matter will change into vegetable, vegetable into animal, but when we attempt to make the change otherwise we will be disappointed. Mineral matter can be changed into vegetable and vegetable into animal, but when we try to change mineral into animal a failure is the inevitable result. The Creator has established this form of change, and all the chemists in Christendom cannot alter it.

I simply give this here because it is brought to my mind now,

while turning the subject of digestion and indigestion in my mind, and thinking of the frightful amount of medicine that is given for stomach troubles, when, in fact, medicine is of no practical value, and invariably leaves the patient in a worse condition than before he took the stuff. A very little consideration of the above rule of change, applied to medicine, will prove the average prescription valueless.

And now for our combinations: Milk and grains is the best and most nutritive combination; eggs and grains come next; then grains and vegetables or meats; grains and fruits; and those of stronger digestive powers may eat of such combinations as fruits and vegetables, vegetables and meats, etc.

The one great thing which must receive attention before our stomachs can discontinue to give us trouble is the proper preparation of food. The way a great deal of the cooking is done nowadays would test the digestive ability of a steel sausage mill.

The appetites at the end of the nineteenth century are alarmingly perverted for an advanced age, and require some severe training. Just think of the salads, sauces, etc., that are eaten today. It certainly is not the stomach that is at fault. No; and it is not the palate, either. The natural appetite does not crave these unwholesome things; and, if the appetite is not natural, you have only yourself to blame.

Do not have a single ounce of any product of the swine come onto your table. The swine is a filthy animal, and his meat is not fit for human ingestion. We do not care to argue whether the hog is naturally filthy, or whether it is the result of domestication; he is filthy, and that is argument enough. It is just as easy to use cottolene for shortening as to use lard, and the best professional cooks prefer to use cottolene. It is cheaper, and it is better; it is wholesome.

Do not fry your foods—"the frying pan is the enemy of health and longevity." You do not require meat, and especially during the warm months. I am not going to be arbitrary, and say that you must not eat any meat whatever, for that is not necessary. Meat is all right in small quantities during the winter, but, at other times, use very little, if any, of it.

And these stomach troubles, I will say, are the cause of the majority of cases of heart palpitation and respiratory difficulties. The gases which are formed by the fermentation of food in the stomach distend this organ, forcing the diaphragm up

against the heart and lungs, causing the palpitation and difficulty with respiration.

But there are cases where wholesome foods, properly cooked, combined correctly, and masticated thoroughly, are all that are indulged in, and yet stomach troubles are present. In this case it will be found that there is something wrong with the pneumogastric nerve, which largely controls the action of the alimentary canal.

This trouble is only amenable to mechano-therapy, which overcomes it by manipulations which remove any pressure which may be irritating this nerve. In the majority of cases it will be found that the muscles along the upper part of the spine are hard and rigid. These should be manipulated thoroughly, according to the method described in the directions given for doing so in the instructions for giving a general treatment, which will be found on another page of this volume. Also vibrate the muscles by placing the hand firmly upon them, and shaking by a movement of the arm, not merely the hand. Also manipulate the muscles of the neck thoroughly by gently working them with the fingers. The pneumogastric nerve passes down the sides of the neck, in the same sheath with the carotid artery.

The whole of the general treatment should be given every other day, paying special attention to the above movements.

CHAPTER XLIX

NEURALGIA

"Heat is life and cold is death" has been said by some one wise in the things we do not see. Another way of saying the same thing would be: Absence of heat or life is cold or death. We associate the thought of pain with death; and, since we dread death, we instinctively shrink from all degree of pain.

Neuralgic pains are, perhaps, unequaled in severity by any other class to which the human being can be made a victim, as almost any one who has suffered from them can testify. Since every cause is to be found lying back of its effect, there must exist a reason why these special pains are, or, at least, seem, so much more severe than many others. Obstructed circulation, precip-

Illustration No. 26.

Inhibiting Spinal Nerves for Cure of Flux or Diarrhoea.

itation, and the presence of foreign elements in the anatomy cause inflammation and consequent suffering. It is an open question whether all the different kinds of pain follow the same cause or not, but we are disposed toward the negative of the question. We are all informed that the sensory nerve system reports to the brain instantaneously the lightest pin prick on the part remotest from it. And the question naturally arises to the effect that, no matter how true to duty a sentinel may be, is there never a danger of his growing ill or becoming incapacitated?

The nervous system is a well-defined part of the human anatomy; and we often meet cases of what is termed nervous prostration, of which we have more to say in another chapter. If, however, this fine, complex system is subject to prostration, we see no reason why it may not be subject to an over-activity, resulting in inflammation, also, as well as any other part of the human anatomy. From either lack of nourishment, then, or from inflammation, we may rationally conclude that neuralgic pains proceed.

In the first instance, each pain would only be the voice of suffering nerves crying out for help, as the poor victim of drink raves for the stimulant when deprived of it. The weakened organs are usually fortified by some kind of stimulant. I have known many instances where men and women who scorn, and whose friends would fiercely resent, their being stigmatized as inebriates, yet where nerve food had, ignorantly, throughout long years, been so meagerly supplied, and, in its stead, the nervous system stimulated and bolstered up until when, from force of circumstances, two or three cups of strong tea or coffee were not obtainable at the accustomed hour each day, an almost intolerable anguish was the result. This might be termed incipient, or, at least, one form of neuralgia, to which, perhaps, cold, gastric disturbance, or some other cause, has kindly (?) lent its aid.

The second would be quite different, and something like this: Take a piece of wire and rub some other substance very rapidly over it, and you will perceive that the activity thus set up has heated the wire to a greater or less degree. Here we have a case of "inflammation in the wire." Inflammation is accumulated heat, and the wire is certainly in a heated or feverish condition consequent on the great activity. This, in the human body, is usually diagnosed as fever; therefore, when from some cause, known or unknown, a too great activity has been set up—in other words,

when too great demands have been made upon the nervous strength, too many thoughts transmitted, hence too much nerve energy called into use—the acute condition of the nerves will be inflammation, causing what, for want of a better name, has been termed neuralgic pains. This state, subsiding, leaves the nerves in a relapsed, prostrate condition; and, recurring sufficiently often, ends in nervous prostration, or paralysis, just as the first condition of starving and stimulating them will also most certainly do.

Neuralgia most frequently attacks the head and face. This may be due to the fact that a greater degree of nervous action is constantly exercised in the face than in any other similar bodily area. The emotions of love, joy, sorrow, hate, anger—every feeling the human soul can express—are reflected through some action in the face. Small wonder, then, that either from overwork or lack of care the faithful nerves break down or burn with fever. Many organs in the human system are subject to almost hourly abuse; but none more so, perhaps, than those we designate as nerves, and whose anguished cry we have named neuralgia.

TREATMENT

If it be thought that the trouble has arisen from cold, chill, exposure, etc., try heat in almost any convenient form. Bran pillows, as hot as can well be borne, applied to the face, temples, and back of the neck, the while drinking freely of hot water, thus inducing a glow of that "heat which is life" to permeate the entire body, will, in all reason, speedily change the contracted muscles into relaxed ones, and freedom from suffering will surely result.

When nerve inflammation has been brought about, the patient must be aware of the cause; and nature's own remedies—cool applications and restful conditions—must be resorted to in order to counteract it.

CHAPTER L

CHOREA, OR ST. VITUS' DANCE

In 1871 Dr. R. T. Trall, one of the greatest leaders in hygienic reformation, in writing the preface to one of his books,said: "The great masses of the people have neither time, opportunity, nor

inclination to investigate intricate problems, nor to search out first principles. While they are in health they do not see nor feel the necessity nor importance of so doing, and when they are sick they are to a great extent unfitted for the task."

What this clear-headed healer said at that time will probably always remain true, although there is at the present a general waking up and an eager desire on the part of a great many of the thinking people to know "the why and the wherefore." They begin to realize that health, and not disease, is the normal condition, and that the effort of nature is always toward healing; that to remove the cause will enable nature to effect a cure; that disease is not, as commonly supposed, an enemy at war with the vital powers, but that the evidence which we perceive, and call disease, is but the effect of the remedial effort, a process of purification and reparation, and is not a thing to be destroyed, subdued, or suppressed, but is to be regulated, directed, and carried out to a legitimate conclusion.

The pus which gathers around a sliver and breaks down the surrounding tissue is not the evil that is to be removed; it is a fluid furnished by wise Mother Nature to aid in eliminating the real cause of the trouble, and, when it has decomposed the surrounding tissue, and the skin gives way, will carry the sliver out with itself, and a new skin will form.

By the manifestations, however, we cannot always tell with certainty just what is the origin or cause of the difficulty, and we must then proceed with due caution, and adopt that course which cannot result in harm, but will restore normal conditions, regardless of the source of the difficulty.

In the disease chorea, commonly called St. Vitus' dance, we have an example of a trouble in which the cause is hard to find. That it is the nervous system which is at fault is a fact obvious to all, and that the disease is sometimes inherited is known, but more frequently it becomes manifest after some fright, or an injury to the spine. Worms have caused it, and other simple irritations, which seem trivial in themselves, appear at times to be the predisposing cause; but the one fact usually stands out prominent above all others when we come to a close diagnosis of the difficulty, and that is that prolonged and obstinate constipation is invariably present. This brings about obstruction and debility, straining, and irritation; affects the spinal column, and, both directly and indirectly, the roots of the nerves.

Illustration No. 27.

Position for Treatment of Diabetic Troubles.

In attempting the cure of the disease it is well to bear in mind that the use of any drug which quiets the nerves—narcotics, nervines, any form of potassium, morphine, opium, etc.—would be on a par with tying a gag in the mouth of a child, and saying that sticking it with pins did not produce pain because it did not cry out. Instead, let us adopt the simple, natural plan for the relief of constipation, which is described elsewhere; then make a radical change in the diet. Large quantities of juicy and laxative fruits, whole wheat bread and breakfast foods, with plenty of vegetables, very little condensed foods, such as cheese, meats, pastries, candies, etc., and absolutely no tea or coffee. Then manipulate the abdomen, kneading, rubbing, pulling, stretching, even extending the manipulations to the lower ribs, pressing them inward and pulling them outward, not too roughly, but sufficiently to stimulate an active circulation beneath them. After this there should be a tepid sitz bath of about ten minutes' duration every day, with the water at about 80 degrees (unless the patient is deficient in external heat). Then comes the treatment, which, over and above all, appears to bring about a rapid cure, and, at the same time, greatly improves the general health of the patient by promoting the elimination of obstructive matter, and relieving all the nerves of the spinal column, and giving the individual control over them.

Place the patient on a table or high bed, dressed in a simple robe, with no underclothing to interfere with proper manipulation, the operator standing to the left, or in front, of the patient, who lies upon the left side. The operator then places the ends of the fingers of both hands upon the muscles of the back, between the shoulders next to the spinal column, and, without allowing the fingers to slip over the flesh, move it upward and outward (upward being toward the patient's head and outward being away from the spine); do this three or four times, and then move the fingers downward about one or two inches, and repeat. Continue this treatment until the muscles along the entire length of the spine on the right side have been so treated. The patient should then lie upon the side just treated, and the operator moves to the opposite side of the table, so that the patient is facing him. Manipulate the left side in the same manner.

At night, about one hour before the usual time for retiring; place the patient in bed, and see that the feet are thoroughly warm, if the least bit cold place them in a fomentation, and then we are

ready to proceed with the balance of our treatment, which is a cold compress to the spine.

The first step is to sponge the back carefully with hot vinegar, dry it, and rub well with good almond or olive oil. The former is usually preferred, as it does not leave a disagreeable odor. Have ready four towels, two of them Turkish, if they are to be had, and fold them in four ply, so that they will make a long, soft, dry cushion about six or eight inches wide for the entire length of the spine; or, better still, use a rubber cloth, covered with flannel. Have the other two towels of linen, and fold in eight-ply, or to about four inches in width, and full length. Place these in ice-cold water for a few moments, and then wring one of them so it will not drip, and lay it lengthwise upon the dry Turkish towel, under the spine, letting the patient lie full length on his back,with the cold, wet towel next to the skin, changing for the other as the one gets warm.

At the first touch of the cold there will be a decided shock and catching of the breath. The diaphragm will contract violently, causing the lungs to rapidly inhale new, fresh air for the additional fire that is at once demanded in the great furnace-room of the human body. The engineers and firemen are instantly roused into action, and messages are sent flying throughout the system for more fuel. Not an instant is lost, not an order is missent or disobeyed, and if the patient has carefully read this description, and will follow the process in imagination, the delicious sense of comfort will have arrived before he has time to say, "Oh! oh! oh! How cold!" And he will, in a few moments, desire a repetition of the process which produced this delightful sensation.

The little workers are all at their post this time, and steam is up, heat is being rapidly sent direct to the spinal column; the nerves have no time to produce all sorts of erratic motions, but are fully occupied in attending to more important business, and, when the application has been repeated six or eight times, they seem to have made up their minds that they have been doing needless work heretofore, and therefore resume their normal action.

This treatment, giving the manipulation about noon every day, and the cold compress at night, will usually effect a complete cure in from one to two weeks. But care should be observed that the preliminary treatment is thoroughly carried out, and the constipation removed.

Not every one will get a clear and comprehensive idea of the

process of manipulation, and where this is the case, if it is possible to do so, the patient should be sent here to the Home Health Club Sanatorium and Hospital, where I give the manipulation myself, and where trained nurses give the compresses, fomentations, etc., thus insuring the best of results attainable.

Sometimes the immediate action of St. Vitus' dance will cease in about a month after the onset of the disease with the average drug treatment, but the system is usually left in a distressed condition, and the nerves are completely "unstrung."

I have cured several desperate cases with the tissue elements, though one case required a surgical operation for adherent prepuce or hooded clitoris before a complete cure resulted.

CHAPTER LI

EPILEPSY

My opinion is that 25 per cent. of all cases of epilepsy are caused by injury, either to the brain by a blow, or to the cervical region of the spinal column by a blow or fall. Fifty per cent. are probably caused by excesses, bad habits, improper diet, and some by excessive mental work, constipation, indigestion, etc., although there are cases which are said to be inherited. This I do not believe. The tendency to this disease may be inherited, and the same environment causing it in the parent may develop it in the child.

As it is almost impossible for the average layman to determine the origin in any particular case, I would advise all persons suffering from epilepsy to at once consult a skilled osteopath. Let a very thorough examination be made, and if there be any dislocation of any nature which, in his opinion, would affect the nervous system sufficiently to cause the convulsions, then submit to his treatment at once; but, if there is no sign of injury whatever, then save your money, for there is no relief for you in osteopathy. In some cases of severe and long standing epilepsy the cause has been removed by osteopathic treatment in a short time, and recovery seemed almost miraculous.

In all other cases we must look to nature and her remedies, with the fact staring us in the face that no reputable physician will claim that he can cure them with drugs. Professor Kirk of

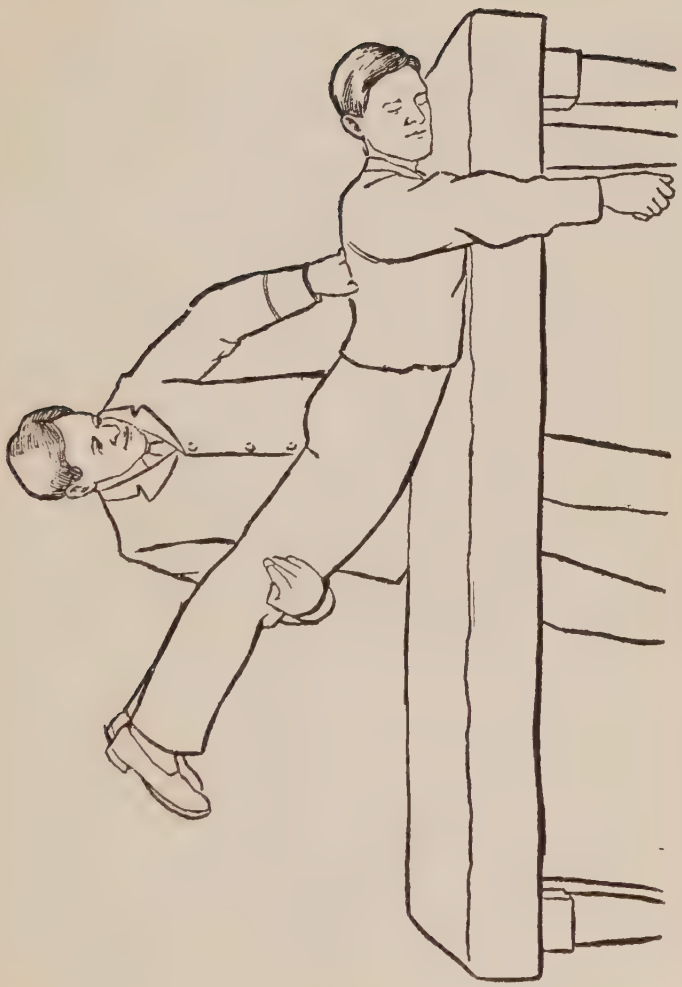


Illustration No. 28.

Second Movement in Treatment of Diabetes.

Edinburgh, Scotland, one of the most successful hydropathists, successfully treated almost all cases which came to him. Dr. R. T. Trall, one of our own most skillful practitioners in what he calls the hygieo-therapeutic method, was also very successful. We must, therefore, turn to the intelligent use of water for relief, and we shall not be disappointed if we use it perseveringly and intelligently.

Epilepsy is not inconsistent with long life, and we find that some of the most celebrated men in history were afflicted with it. One peculiar feature of the disease is that there is, as a rule, absolutely no pain and no knowledge on the part of the person as to the convulsions. All of the life seems to leave the brain and pass into the muscular system, causing excessive activity, without direction of the brain. This would indicate that the blood leaves the brain and congests in the spinal column, causing intense heat to the nerves of the spine, and consequent convulsive activity of the muscles. This is followed by exhaustion of both nerves and muscles, after which life returns to the brain, and normal conditions are slowly re-established. Observation of this points us to the remedy—cold applications to the spine.

In cases of this kind we do not make the application during attacks, but when the patient is at his best, a few days after an attack, and when he has had a few nights' sleep, and awakens refreshed and invigorated in the morning. The temperature of the room must be comfortably warm, the feet should be well wrapped in warm blankets, and, if there is any sensation of chilliness manifested at any time during treatment, there should be hot bricks, bags of salt, or other heating materials placed around them in order to maintain the vitality.

First give the patient a cup of hot water, to be sipped while sitting up in bed, well wrapped, so as not to lose any bodily heat. Then give the entire back a thorough rubbing with oil or vaseline. This will prevent too great a shock to the system when the cold treatment follows. Then apply a cold compress to the entire length of the spine. Have the patient lie down upon this and remain until it begins to get quite warm, when it should be changed for another cold one.

This process should be continued for at least an hour, when the back is again rubbed with the oil. If the patient is then inclined to go to sleep, let him do so. Continued every morning for several weeks, this treatment has an almost magical effect;

but this is not all that may be done. Each night before retiring the limbs should be bathed, or soaked rather, up nearly to knees in hot water, and while the feet are in the water, with the limbs well covered, so as to prevent chilling other portions of the body, there should be a gentle manipulation of the head by one who has an agreeable touch. This has a very soothing effect, and is of great value.

After the feet are dried, rub them with oil, and let the patient retire feeling that relief is certainly coming to him. Two or three times each week a cold sitz bath should be given with the hot foot-bath. This can be done by placing two ordinary tubs side by side, filling one about two-thirds full of hot water, and the other a little over half full of cold water; place the feet in the hot, and sit down in the cold water, having the nurse cover the exposed portions of the body with blankets. In this case the cold water must not be lower than 75 degrees Fahrenheit, and this part of the bath should not be prolonged for more than five to twenty minutes, according to the physical condition of the patient, a full-blooded, robust man being able to endure more, with benefit, than a thin or bloodless person. After being taken out of this double bath there must be a vigorous rubbing of the feet and spine with the oil. Then sip about a pint of hot water, and retire.

This double treatment, night and morning, involves a great deal of work for somebody, and, in fact, many of those who read this article, and who are either sufferers themselves, or who have friends or relatives who have epilepsy, will draw a sigh of resignation, and say, "Well, I presume this is very good advice, but we are not fixed to follow it. If a person wants to take that treatment he should go to a sanitarium, where they are prepared to give it." And, where it is possible to do so, I would advise that all cases of this kind be sent to a sanitarium. I have had a number of these cases here at the Home Health Club Sanatorium and Hospital, and have been remarkably successful in their treatment. There must be great care exercised in regard to diet; light, nutritious food, never overloading the stomach, relief from constipation, regularity of habits, relief from worry or hard mental or physical work, are all requisites to a radical cure.

CHAPTER LII

TRISMUS OR LOCKJAW

This disease is merely one variety of the disease known as tetanus. Tetanus may affect any one of various parts of the body, bearing separate titles suggestive of the location. Lockjaw is that particular variety of tetanus in which the muscular rigidity which characterizes the disease is limited to, or localized at, the jaw. In making the diagnosis it will be of value to remember that almost all cases are preceded by some painful wound, generally sustained by a hand or a foot.

The fraternity assign the presence of a specific bacillus as the cause of the disease. Inasmuch as there probably is poison introduced by the instrument (usually some rusty article, as a nail) at the time of inflicting the wound, and the time of incubation is given as approximately two weeks, the "bug" theory is plausible here.

In post-mortem examinations of cases which died from lockjaw, it has been found that marked chronic nephritis (inflammation of the kidneys) existed. Just what light the further investigation of this discovery will throw on the case can only be conjectured.

The beginning of the disease is quite sudden, there being stiffness of the jaw, neck, and tongue, accompanied by increasing difficulty in deglutition. This rapidly culminates in a spasm, which holds the jaws firmly closed.

Through all this the patient retains complete control of the mind. There is scarcely ever any particular febrile reaction, although in some cases it does rise to 102 F., and even as high as 108 and 110 F., and still rising after death. At length carbonic poisoning overcomes the clear action of the mind.

By drughealers the prognosis of this disease is considered unfavorable for the majority of cases, but mechano-therapy maintains that quite a large percentage of them can be cured. As soon as the symptoms justify the conclusion that a case of lockjaw is to result, the very first thing to be done is to immediately adopt measures which will keep the wound, through which the poison was introduced, open. But, inasmuch as the time required for lockjaw to manifest itself is about two weeks after the

Illustration No. 29.

Additional Treatment of Spine in Diabetes.

infliction of the wound, the opening through which this poison entered is, in the majority of cases, closed. The very first thing, then, which should be done, upon discovering convincing symptoms of the disease, is to call in a physician, and have him open up the wound again, so as to permit the infective matter to pass off as rapidly as possible. After the wound is opened, the doctor will probably pack it with iodoform gauze, in order to prevent its healing again before he desires it to. This, then, is the first step.

Have the patient placed in a secluded room, and have everything around him perfectly quiet. Do not enter his room suddenly, or allow visitors to see him. Keep him free from all draughts; do not jar his bed, or make any unnecessary noise.

Here is where manipulations will prove their worth, and where reasoning according to cause and effect must be employed. The presence of rigidity of the muscles is the first thing which attracts the attention of the observer. He now has an effect, and the proper thing for him to do is to reason from that back to a cause. This is very simple. The nerves are responsible for the movements indulged in by the muscles. (Refer to myology.) This being true, then the trouble is traced back one degree; in the beginning there was merely a condition noticeable—an effect—and now there appears an intermediate cause. But what reason can there be for the nerves requiring such action of the muscles? There certainly is a cause behind this, for, in their normal state, they produce no such conditions.

This departure of the nerves from their usual normal manner of controlling the movement of muscles certainly has a cause behind it. It is because they are irritated by pressure. This being the case, the proper thing to do is to remove this pressure, thus eliminating the cause of irritation to the nerves, which is causing all the trouble. This can be done by the following manipulations:

The patient lying on his back, place one hand under the back of the neck and one under the chin, and pull slightly. Then change hands and pull again. Now catch the patient's left wrist with your right hand; place the fingers of your left hand under the edge of the clavicle, up near the shoulder. Now pull the arm back as far as possible, pressing hard with the fingers under the edge of the clavicle so as to raise it. Then forcibly place the arm back in position. Now move down an inch or so with the

fingers of the left hand, and repeat; and so on until the point of the clavicle is reached.

Change sides, catching the right wrist of the patient with your left hand, and placing the fingers of your right hand under the edge of the scapula. Treat the same as the other side.

When this is completed, catch the right ankle of your patient in your right hand, and place your left on his knee. Bend the leg back against the abdomen as far as possible, and twist it sensibly away from the body, extending it with a jerk. Then bend it back against the abdomen again, only this time twisting it in toward the other leg, and again extend it with a jerk. Repeat this for eight or ten times, alternating the twisting in and out.

After having treated both legs in this manner, flex the knee of the right leg, and pull the muscles of the calf first toward one side of the leg, and then toward the other. Do this thoroughly all up and down the calf. Then go above the knee, and treat the muscles of the thigh in the same manner.

The patient turning over so as to lie on his face, place the thumbs of your two hands on each side of the spine, and, pressing down hard, move the flesh upward and outward, beginning at the base of the brain, and moving down the length of one vertebra each time. Then go back to the neck again, and work it over several times in the same manner. Go all the way down the entire length of the spine three or four times, applying increased pressure over the lumbar region. This will tend to remove the obstruction to the circulation, which is irritating the nerves, and, primarily, causing the entire trouble.

Another method of overcoming this trouble, and one which I consider even better than the former, is to employ methods to relax the muscles. This can be best done as follows: Subject the patient to what is known as a Russian steam bath. Now, don't think I would have you chase around the country looking for one of the places where you can secure a bath of this kind for a couple of dollars or so. Just because the bath has the title Russian steam, is no indication that it is not easily given.

If there is a thermal bath cabinet in the house, you have just what is desired. Place a pan of water over the heating apparatus and keep the patient in this steam for about twenty minutes, keeping cold cloths on his forehead.

If this bath is given once per day, in connection with the manipulations, the case will be saved if it is possible for it to be saved.

CHAPTER LIII

HYDROPHOBIA

During the hottest months of the year certain domestic and wild animals appear to be especially subject to a dread disease called "hydrophobia." There is some question in the minds of medical men as to whether this is really a disease, a nervous affection, or the result of an absorbed poison.

I should say that it is a nervous disease, caused in most cases by an absorbed poison, aided by the most horrible fear.

A few years ago the eminent investigator, Pasteur of France, thought he had discovered an antidote for the disease, but the records show that the remedy is in many cases worse than the disease, for the percentage of deaths from cases so treated appears to be much higher than in those cases which receive no treatment at all, and many of the best family physicians claim it to be more of a cause than a cure for the disease. One journal cites 313 cases, all of which died under the Pasteur treatment, while on the other hand it is not a difficult matter to cite over 400 cases, all cured by the simplest method in the world, and one which is right in line with the teachings of the Home Health Club.

The proprietor of a bath establishment in Paris, Dr. Buisson, discovered the cure by trying to commit suicide after being inoculated with the poison, and this is the way it came about: He was called to see a woman suffering from a bite of a mad dog. She desired to be bled, and after the operation he wiped his hands on a cloth which was saturated with saliva from her mouth. In about an hour the woman died, and the doctor noticed a small wound on his hand. He went to his office and cauterized it, but on the seventh day pronounced symptoms of hydrophobia were manifest.

The pain and anguish were almost intolerable; his eyes were dim and irritable, his hair seemed to stand erect, and cool air brought on paroxysms; there was constant nausea and contraction of the muscles of the throat, with a mad desire to run and bite. His mind naturally turned to thoughts of death and he desired to secure it with the least possible pain and discomfort, and at the same time not to arouse the suspicion of his attendants. He therefore took a Reaumer thermometer in his hand and entered a vapor bath, the kind which in this country we call a Russian steam

Illustration No. 30.

Finish of Treatment in Diabetes.

bath. Relief came almost instantly, and at 127 degrees Fahrenheit he was completely cured. Coming out of the bath, he could hardly believe the evidence of his own senses, but he ate, drank, and slept with ease, in the most natural way, and has never had any return of the disease.

A great discovery was thus made by a blunder, and all of the Home Health Club readers may hereafter rest in perfect ease of mind as far as any fear of hydrophobia is concerned. All that is necessary is to induce sufficient perspiration to force the poison out of the system and relax the poor nerves that have somehow been thrown into a state in which the mere thought of putting water into the body, or even a cold draught of air, is sufficient to bring on a paroxysm of pain and suffering. If a steam bath cannot be had by any sort of desperate effort, then I would advise the most thorough hot fomentation that could possibly be devised over the entire body, wrapping the body in heavy, warm blankets that have been soaked in hot water and all of this covered with cloth to keep the steam in. This should be continued until the perspiration is profuse. Perhaps an hour would not be too long.

If the patient has reached the violent stage he may be strapped upon a woven wire cot or a lounge and steamed or fomented until the perspiration comes from every pore. In most cases he will then be perfectly quiet and safe, and he should be wrapped instantly in a wet sheet pack—a sheet wrung dry out of cold water; over this wrap plenty of dry, warm blankets and place hot applications, such as bricks or water bottles, to his feet, calves, and thighs, and allow him to remain thus for one or two hours, when a tepid bath, say at about 90 degrees, may be given.

It is quite probable that there will be no return of the symptoms, but in order that all risk may be avoided it is wise to repeat the fomentation once and the full pack twice daily for several days after convalescence is well established.

Of course the sweat bath may be repeated oftener if the severity of the case demands it, but this is quite unlikely, and good judgment must be used in all cases. If the patient perspires freely and readily it will not be necessary to prolong the bath for an hour. The head must be kept cool with wet applications and the patient freely supplied with cold water to drink, avoiding stimulants of all kinds, and especially alcohol. The diet should be light and of a farinaceous nature.

This method of treatment is probably the simplest that could

be devised for combating such a terrible and fatal thing as hydrophobia has heretofore been. There is no doubt of its efficiency, as it has been tested many times in Chicago and other near-by places. In one case it was tried upon a dog that was in an advanced stage of the disease. The temperature of the room in which he was placed was run up to 175 degrees, whereupon he became quiet and was cured. He lived three years afterward with no return of the symptoms.

CHAPTER LIV

RHEUMATISM

In years gone by it was taught that the action of the heart caused the blood to circulate. Recent thinkers and investigators have concluded that the circulation of the blood causes the heart's action, and the cause lying back of circulation is life itself. Hence, the more life we can control or possess, the better circulation and consequent heart action we shall have. To what do these facts point us? We are to learn something of rheumatism in this chapter, its cause and cure from the standpoint of mechano-therapy, and we begin by asserting that the disease is caused, secondarily, by imperfect circulation of the blood, either because of some impediment or faulty structure, and, primarily, by the absence of life in an abounding measure throughout our bodies, which absence results in, or causes, a sluggish movement in every channel of the human system.

The office of the blood in its ceaseless flow is to carry the assimilative portions of our food to whatever point in the system the attacking enemy, "waste," has directed his batteries. Nature has wisely provided that in the food we eat, if intelligently selected, shall be found every element needed to maintain the physical perfection of our bodies, if each element is enabled to reach the point where it belongs. This result depends not only on proper selection, but, as I shall try to show, on equally intelligent bodily activity, prompted by this abounding life which is our righteous inheritance, and exercised by a resolute will, in turn directed by a deathless wisdom, which lies back of life itself.

Practically, haven't you ever pulled up a plant and found part of the roots in a shriveled, decayed, deadened condition,

and did you not know at once that these imperfect ones could not carry nutrition to the plant's vital center, and so assist in its growth and strength? Thus, must we not be assured that, whether from ignorance, carelessness, or whatever cause, separate portions of the circulative anatomy have become incapable of performing their functions? They stand related to the disease-stricken parts of the body as do the deadened roots to the plant.

In Volume I, Chapter VIII., of the Home Health Club books will be found tables giving the relative values of foods, and these cannot be referred to too often until finally committed to memory. With this knowledge as a guide, supply the blood with the needed elements; then, with properly adapted exercise, there can be no impeded channel through which the vital fluid must course in its work of repairing the waste tissues, as well as assisting in the elimination of those particles whose work is done.

Mechano-therapy proves the possibility and desirability of its own methods over the old drug system of cure (?). Suppose yourself suffering from rheumatism in the lower extremities, and your family physician administers bicarbonate of soda, "because," if he explains at all, "there is too much lactic acid in the blood." Suppose, again, that this explanation is correct. Certain it is that in all diseases the just equilibrium of elements is disturbed; but this is rather the effect than the cause lying back of it—that is, the circulation, failing, allows a precipitation of elements which could not otherwise accumulate; and how is bicarbonate of soda, or any other drug, going to remedy this?

How many have ever thought upon the process through which an apple, for instance, is transformed into bodily tissue? Insalivation takes place while mastication proceeds, and superinduces the flow of gastric juices in the stomach. Half an hour after the apple, reduced to pulp, has thus become assimilated with the other substances in the stomach, reaches the pyloric orifice, and passes into the duodenum, where it is further acted upon by the pancreatic juices and bile from the liver. All these aid in the natural process of rebuilding the impaired bodily structure; but, be it observed, they only recognize and so form a coalition of forces, as it were, with such substances as have not been deorganized before eating; in other words, only such substances are welcomed by the digestive forces as have been prepared for the human body in nature's laboratory by the agency of infinite life, instead of having been reduced to some form of drug or chemical through numerous material devices in man's workhouse.

Illustration No. 31.
For Sciatica.

Now, bicarbonate of soda is of the latter class. Unlike the apple, the life principle through which it first came to exist has long since departed; but as we follow the apple, still impregnated with the indestructible principle which is life, on its journey toward assimilation, we find that the inner portion of the duodenum, and particularly the upper half of the small intestines, is overlaid with a fine, moss-like formation, termed "villi," minute projections from which, like so many small but well-trained sentinels, true to their duty, refuse admission through the walls of these organs to all foreign or antagonistic substances, of which, as we have shown, bicarbonate of soda is one. But they freely permit all the nutritious elements of the apple to pass through and on into the thoracic duct, whence they are carried into the left subclavian vein. Here they pass into the innominate artery, thence into the superior vena cava, whence they are received by the heart and pumped into the lungs, where the pulmonary veins bring them back to the heart, and the arterial system, in the absence of any opposing condition, distributes them to such parts of the physical structure as their own character fits them to repair.

Now, what has become of the dose of bicarbonate of soda you swallowed just before eating the apple? Refused entrance through the door where nutritious and truly remedial substances pass, it must have gone on its way rejoicing to join the contents of the colon, and so back to the earth, to assist, probably, in the growth of some plant that can utilize its virtues, and through which agency life can be engendered and health promoted, because then it can be introduced into the human body in a natural instead of an alien form. But, in the use to which we have just seen it applied, how could it affect the rheumatism in your lower extremities—points farthest removed from the vital center, hence most difficult to reach?

Let us follow a more rational process, first ascertaining the cause or causes of rheumatism as a whole, and see whether we do not find near by us a ministering angel, ready to pour from her golden chalice a little godlike wisdom into our minds.

Contraction of the muscles solidifies the mass, thus causing a strangulated effect on all circulating channels passing through them. This contraction may be produced or excited by cold draughts, dampness, or any unusual exposure. An old axiom, "Where anything is lost is the best place to look for it," will scarcely apply here. Better seek in the opposite direction—warmth,

care, etc. In any event, relaxation of the tense muscles, either through hot applications or proper exercise of the contracted parts, will permit the free flow of life blood, which only awaits its opportunity, and, the condition causing the trouble in the muscles having vanished, with it has gone the dread effect, rheumatism.

While the contracted condition remains, and the blood, being dammed up, stands still, precipitation of atoms takes place, thus forming additional barriers to free circulation; and this precipitation again may be induced by acidulated states of the blood, for all of which mechano-therapy comes with its wondrous balm of healing, wholly independent of the old drug system.

Rheumatism may be divided into two general classes—articulate and muscular—either of which may be acute or chronic, the latter being merely a continuance of the former.

ARTICULAR RHEUMATISM

Symptoms—The symptoms of the acute articulate rheumatism are inflammation and swelling of the joints; the synovial membranes become reddened and highly sensitive, the inflamed appearance extending to the exterior of the joints. The swelling of the membranes probably causes the intense pain resulting from every movement, and all usually begin during the night—perhaps introduced by a sudden chill and disposition toward nausea, the temperature soon reaching upward of 100 degrees Fahrenheit.

Treatment—The treatment should be a combination of the two principal therapeutic remedies used by the Home Health Club. The first is to be found, like the cures for so many other ills, in the general treatment described in the first pages of this book, except that in some cases of this kind extreme care must be used, both in approaching the patient and in every movement that is made. A single mistake may subject the patient to the most agonizing pain, the method to ridicule, and the operator to dismissal, even though he comes as a friend and neighbor, with no thought of other reward than the consciousness of having relieved suffering. Remember that certain portions of the sufferer's anatomy are now so sore and tender that to merely touch them is equal to sticking a finger in the eye. Slowly, cautiously, and gently begin the work, and as you approach the sore and tender spots keep ever uppermost in your mind the fact that the terminal

filaments of the sensory nerves are suffering from pressure by reason of the inability of lymph to pass the venous obstruction; there is, therefore, great pressure from within, and when added pressure from without is brought to bear the pain is unendurable. This pressure must, therefore, be removed, and we begin by manipulating gently around the tender portions and by careful work upon the small veins at their junction with the larger. This will soon cause the lymph to pass into the freed circulation, used-up and precipitated matter to be eliminated, and the patient is soon relieved.

About twelve hours later—perhaps in half that time, if the case is very severe and the suffering great—it will be wise to use the fomentations described for relaxing the contracted muscles; this also must be carefully done lest pain be added instead of reduced.

Of course those who will be most successful in applying any treatment suggested in the Home Health Club course are the same ones who study most carefully and seek most diligently to understand and remove the cause of such suffering.

MUSCULAR RHEUMATISM

Under this class may be termed lumbodynia, sciatica, terticollis, costal, cephalodynia, pleurodynia, etc., the first affecting the muscles constituting the lumbar portion of the anatomy; second, the sciatic muscles; third, the muscles of the neck; fourth, the inter-costal muscles; fifth, the side-head and face muscles, and sixth, the thoracic muscles, or those supporting the inner anatomy.

Treatment—Same as for articulate rheumatism. The cause being the same, it is but reasonable that the same results will be found to follow mechano-therapeutic principles in the treatment of both muscular and articulate forms of the disease. Does this seem unreasonable to any one? Subject a piece of beefsteak and a piece of ripe fruit to the same destroying cause, and see the different effects wrought in the two substances. So, the apparently different diseases are caused by the difference between muscular fiber and synovial membrane. The presence or absence of lactic acid in the blood, too, may determine the results of dampness, exposure, etc., which might be rheumatism on one occasion and a severe cold, pneumonia, pleurisy in another. But we reassert that the same curative practices are applicable in both cases.

Illustration No. 32.

Vaso-Motor Nerve Stimulation.

CHAPTER LV

LUMBAGO

In lumbago the large muscles by which the whole of the body is raised from a recumbent position become so stiffened that they are unable longer to perform their function. It should be borne in mind that these muscles are at rest when the body is in a reclining position, the time when they are taxed to their utmost being during the act of passing from this position to the erect.

The conditoin of a muscle affected with lumbago differs materially from either that of paralysis or cramp. The very substance of the muscle itself seems to be mostly at fault in this distressing ailment. In all probability there is a nerve defect in many of these cases, but this could hardly be termed the chief feature of the difficulty, however. It is purely one of the substance of the large muscles themselves.

The direct cause is that these muscles have either suffered from a severe strain, or chill, which has temporarily deprived them of their elasticity. In this condition they cannot be utilized, or, if they are, it is only at the expense of very severe pain, the result of pressure exerted upon certain nerves by the rigidity of the muscles involved.

To cite an example: A man applies his strength to the lifting of a very heavy load, in such a manner as to bring a strain on the muscles of the back, exceeding their capacity to withstand, depriving them of their elasticity. It is possible, and even probable, that they will not lose their function immediately, but stiffness gradually manifests itself. The explanation of this is not in the least complicated. Because of the overstrain to which they have been subjected, they have been affected to such an extent that they are more easily deprived of their vital heat, and, being chilled while in this state, they begin to stiffen. The stiffness thus resulting is one of the most simple forms of the disease now under discussion.

To employ another illustration: A man has walked so far as to expend the amount of vital energy which his nerves are capable of furnishing to the large lumbar muscles. The exertion has been so severe as to entirely exhaust the supply of force which maintains in them their elasticity. To complete the injury which

Illustration No. 33.

Extenso-Rotary Treatment of Neck.

he is doing, when thoroughly tired, he sits down upon a cold stone by the roadside to rest, or accepts a proffered ride on the cold wooden seat of an open wagon. The muscles, already taxed beyond their real capacity, and requiring recuperative measures, are now effectually stiffened by this further violence, and lumbago is the result. Of course, it is not meant to intimate that this particular regime is necessary; but only a slight exposure, to the weary and exhausted back, has probably occurred, perhaps without the patient having been conscious of it, but inflexibility of the large muscles results just as surely.

In cases where this vital nerve force has been entirely exhausted, and the muscles have become rigid while in this condition, it is not at all reasonable to expect a cure without a great deal of attention to the application of restorative measures. Of course, it would be very nice indeed if, by some magic spell, the condition could be instantly overcome, but I am of the opinion that we mortals will experience much better and more highly satisfactory results from a careful application of decidedly materialistic agencies. A great many are so desirous of overcoming the condition without any particular exertion upon their part that they are very easily convinced that surgery is the correct thing, or that blistering, burning, or poisoning with strychnine or other poisons is the proper thing, and the inevitable result is that the lumbago is, indeed, forced to succumb, but to an enemy much more formidable than the disease itself.

It has been seen that the principal thing, or, in fact, the only thing, which is present in lumbago is the loss of elasticity in the structure of the muscle. This elasticity was not always absent, but was brought on by over-exertion and loss of heat. The thing to be done, then, is to replace this lacking function. It is very easily accomplished.

The thing which should be done is to infuse heat into the muscles of the back. This is best accomplished by means of hot cloths applied directly to the parts affected. As this heat would better be continued for from an hour to an hour and a half, it is best not to make it too severe—but keep the temperature as nearly even as possible.

Thoroughly oil the entire back and sides with olive oil, so as to prevent burning. Fold a good, heavy blanket to about two and one-half feet long, and wide enough to cover the back and sides. Wring this out of just as hot water as you can. You will find directions for applying this fomentation on another page.

After supplying the fomentation, maintain the heat by covering the blanket with an oil cloth or a heavy comforter. Change for another fresh blanket every fifteen minutes. Have two blankets, so you can be all ready to put the fresh one on as you remove the old.

In about an hour and a half remove the fomentation, and rub the back well with hot olive oil.

CHAPTER LVI

LOCOMOTOR ATAXIA

The title of this chapter is intended to convey to the reader's intelligence a condition for which, it is as well to state at once, less of the real cause has been discovered by the medical fraternity than of almost any other disease. Its effects are clearly distinguished, however, and mechano-therapy claims to reflect more light on both cause and cure than any other system heretofore presented for public benefit.

The disease assumes, or is manifested through, a variety of conditions, among which may be mentioned absence of sensation in the skin and a sort of involuntary movement in the limbs. Touching hot iron, slight wounds on the surface of the body, etc., cause no pain, and, indeed, the affection has been characterized by some, and it doubtless is, a form of paralysis, in so far as a lack of sensitiveness is concerned while the aching pains, not unlike those of rheumatism or neuralgia, benumbing and stinging sensations in every limb, with more or less discomfort from kidney action, all indicate something radically different from paralysis.

So far as can be determined, however, the cause may be found in lack of care given the entire body, prolonged exposure to cold or storms, sometimes unavoidable; lead or arsenic poisoning, scrofulous tendencies, excesses of a sexual character, etc.; and when it is possible for the sufferer to determine in any degree the cause leading to the result, he is just so far along on his road to successful treatment, since his reason must dictate that the remedy should lie in an opposite direction. If habitual excesses

of any character have been indulged in they must be stopped. If it has been induced through poison, injury, or exposure, counteracting influences must be brought to bear.

Mechano-therapy holds that the movements constituting its general treatment will serve, together with other regulations found in its regime, to so reproduce the vital energies and recreate the general system that when pure air, vapor and radiant heat baths, electricity, and massage are added, return to a normal condition of health may be reasonably assured. All of these can be secured at the Home Health Club Sanatorium and Hospital.

CHAPTER LVII

GENERAL PARALYSIS

A very serious kind of illness appears in the form of a total loss of power in the nerves, by which the different portions of the body retain and perform their natural functions. This occurs in various ways, and from a great variety of what may be called causes. As an example, it comes in a loss of ability to keep the upper lids from covering the eyes. The motor nerves, by which, as a rule, unconsciously we keep the eyes open, cease to act upon the lids, and they involuntarily close and shut in the sight. In another form of the same trouble one lower lid, together with the whole of the cheek on that side, drags down, and the eye cannot be closed from below, nor can the inner part be closed as usual.

In these cases the paralysis, or simple loss of energy, is limited to one locality of no great extent, and may be dealt with easily while it is so confined; or, possibly, it affects not only one side of the face, but also the arm, and the patient is unable to raise, or, it may be, to move it at all. The loss of such power may extend no farther down at its inception, though, if it is not restored, it may soon do so; then the limb down to the point of the toes loses all power equally with the upper part of that side of the body. When the entire side is paralyzed by what is called "a shock" the case is very serious; when it commences at the toes, and slowly creeps up over the whole body, the case is far more serious; when it begins with the tongue, or, at least, when this is the first organ noticeably affected, and the paralysis has really begun in the brain, it is most serious of all.

Illustration No. 34.

Freeing Circulation—Headache Treatment.

There are, no doubt, many instances in which the loss of ability in the nerves is nothing more or less than natural decay, in the progress of which the very centers of life are worn out, and no power of man can restore them. We should not for a moment imagine that it is unimportant for us to know what to do in threatened or developed paralysis. Very many physicians are allowed to practice positive cruelty on patients, who would not be permitted to do so if people in general possessed a little more knowledge of the subject. No treatment is more apt to be administered than blistering, cupping, or some other torture, with the hope of reanimating the dead or dying nerves. Everything of this kind not only lessens the chance of recovery, but inflicts suffering which is absolutely unnecessary. The simple and self-evident thing which is wrong, in all such cases, is a lack of vitality in the nerves involved. This calls imperatively, and only, for some application by which that vitality may be restored to its usual force.

For instance, a man has been exposed to cold at some outdoor work, where there was no opportunity to exercise the body, till the whole of the nerve centers on one side have been deprived of vital action. He loses the use of that side, and, at the same time, probably gives indications of other suffering, from the chill that has nearly killed the motor system in one-half of his body. The other symptoms pass off as he rallies somewhat, but strength does not return to the muscles on that side. It is surely clear that, if anything wrong is done, or if a stimulant, such as alcohol or opium, is given (either of which is certain, in the long run, to reduce nervous energy in a man) recovery is retarded in proportion to the depression produced. It is also clear, that, if no new vitality is given, but only irritating means, such as harass the nerves employed, without by any possibility renewing their ability for action, the patient is not benefited. Many cases in which restoration would at first have been easy have been made incurable by erroneous treatment.

In considering a case in which only the upper eyelids are paralyzed, even if it is a hereditary trouble, and comes on when age is weakening the patient, one must not think that it cannot be benefited, at least, in some degree. The nerves that are failing to perform their duty must be, if possible, spurred into new life. To accomplish this, when the patient is warm and comfortable in bed, place the back of the head and neck in a fomenta-

tion, or a bran poultice (not very hot), after rubbing with a little olive oil. Let this heating process be continued for an hour, at least, every night; and wash the neck and the back of the head with soap and water each morning, then with a little acid, and that followed by a rub of olive oil. The treatment is the same for paralysis of one-half of the face, only directing it principally to the affected side. In both cases, keep warm with good flannel, while curative means are required.

If the entire side is involved, and the patient is helpless, give thorough fomentations to the whole length of the spine, being sure to use the oil first.

Cases are cited in which one side had lost all power of motion, from the crown of the head to the sole of the foot, and in which the patients at once rallied under this treatment, and afterward completely recovered. The moment the heat reaches the roots of the paralyzed nerves, and creates vital action in them, the patient begins to feel that power is returning. If the process of turning the heat into life goes on, and care is taken not to let that life pass out again into the atmosphere, in the form of heat, the cure is bound to come sooner or later.

It is on this same principle that electricity is in various ways applied to paralyzed nerves. But, so far as observed, heat is a vastly better element to use in forcing them into vital action. In all cases of true paralysis, of whatever form, you should use it with confidence. In cases of accident, where some crushed part is pressing upon a nerve, and needs to be surgically dealt with, the paralysis is, so to speak, mechanical, and must be mechanically relieved; but when, from the failure of its own vital power, the nerve ceases to act, you should get heat steadily, very gently and gradually introduced to it, and thus restore vitality.

Nature teaches us most beautifully. Here, for example, is the egg of the ordinary domestic fowl, or of any other bird. What is needed to bring it to the perfect development in which the living, walking chicken or unfledged young bird escapes from it? Nothing but a process in which common heat shall be gradually introduced into it, and converted into vital action. Ten thousand times ten thousand forms of this same action are, during the winter season, paralyzed amid snow and ice. All evidence of life and its active powers are in complete suspension in these forms. And yet, what is wanted to change all this? Only a little gradually introduced heat—nothing more. What is the element

required for the drowned man who is to be brought to life again? Chiefly heat, skillfully applied, so that it shall pass into vital action.

Well, then, there are those nerve roots which in some way have lost their power and it cannot be restored from the ordinary sources of heat in the body in which it has failed. These sources are probably not much more than sufficient to maintain present conditions without in any degree helping to revive suspended life. But you can add to the supply of heat, and that at the very nerve roots so much in need of it, by the simple process herein described. The great thing required is that this be well done. In all paralysis I would earnestly recommend the careful, protracted, and persistent fomentation of the spinal nerves with oil and flannel, so that heat passed into vital action, or life, should be retained.

So much for the simplest forms of home treatment, but if it is possible, and within the reach of afflicted ones, they should place themselves in some institution where they would have the benefit of experienced nurses and mechano-therapeutic operators, such as the Home Health Club Sanatorium and Hospital, where there are plenty of nurses trained to give compresses, fomentations, etc., correctly, and where I personally give the manipulations.

When the nerves both of sensation and motion are involved there is no pain experienced—simply greater or less helplessness, in proportion to the severity of the case; but when only the sympathetic nerves are concerned, and also in what is termed "creeping paralysis," there is liable to be much suffering.

I know of a man who lost an arm, and received several other wounds, in the civil war. After regaining a fair degree of health one ankle became very troublesome, and the pain soon extended to the thigh; in a few weeks the other limb developed similar symptoms, and one poor arm rapidly assumed the same conditions. As the suffering increased the power of locomotion decreased. During the last sixteen years of his life he had control only of the muscles of the mouth, throat, eyes, and forefinger, and for twelve years of that time was speechless. The best medical experts of this country pronounced the trouble paralysis, caused by pressure upon the nerves from bullets remaining in the body, and which could not be removed, nor, of course, absorbed.

This is an extreme case, but the disease is often caused by a clot of blood pressing upon particular nerves; and the remedy is absorption of the clot, and restoration of the impeded circulation, with increased vital action. Atrophy, or withering of the muscles, accompanies protracted cases of paralysis, hence the necessity for prompt recourse to the best obtainable method of treatment—Mechano-Therapy.

CHAPTER LVIII

SHAKING PALSY, OR PARALYSIS AGITANS

Shaking palsy is a disease which is peculiar to old age, and is much more prevalent among males than females. It seems to have no direct cause, but simply appears to be a condition of exhausted vitality consequent on senility; there is just a gradual decay of nerve force until the control of the muscles is lost.

This trouble generally comes on very slowly, usually affecting the hands and forearms first. In the beginning the shaking can be controlled by the will power. The affliction soon assumes a more serious nature, however, and passes beyond control. There is a peculiar stage of the disease called paralysis festinans, in which the patient acquires constantly increased speed while walking, as though he was being pushed along; there are cases so severe that the patient actually cannot control his gait, and virtually "runs away with himself."

If the disease is taken in hand in its first stages it can be entirely cured by fomentations and manipulations; but where it is not subjected to treatment until it has gone far beyond the power of the will to control the shaking, and has involved both arms, or even more, then alleviation is all that can be expected.

The particular difficulty is in loss of control over the muscles of some portion of the body, usually the hands or forearm. This being the case, the nerves are evidently at fault. Of course, you all know that the motor nerves govern the movements of muscles. Hence, the thing to be done is to correct the trouble with the nerves.

All life owes its origin and continuance to heat; heat is life. The flowers, the trees, the grasses, all vegetation, seemingly die

during the cold season, but by the genial rays of the springtime sun they are resuscitated, and come forth in all their verdant beauty. This great force of heat is found to exist in all forms of life. This being the case, is it not very probable that heat is the proper agent to employ for placing new life and vigor in the failing nerves? A fomentation to the entire body is the proper remedy.

CHAPTER LIX

DIABETES

Almost all authorities consider this disease under two heads, Diabetes mellitus and Diabetes insipidus, and, in fact, I shall do so to a certain extent; but, as the treatment which I shall describe applies as much to the one as the other, I shall first minutely describe each of the kinds of diabetes, and then give the treatment without any reference to either mellitus or insipidus, and you will understand that it applies to both.

Diabetes mellitus is characterized particularly by the constant presence of grape sugar in the urine, and excessive flow of the urine, wasting of flesh, pain over the kidneys, and is a chronic affection, generally speaking; it is more prevalent among males than females, and the period at which it is most likely to occur is between the ages of 25 and 40.

The direct cause of the disease seems, as is the case in various other affections, to be of a rather different nature in different cases, but the generally accepted opinion, by the best medical authorities, is that the nervous system is primarily at fault, and, while I agree with that to a certain extent, I am also of the opinion that the excessive use of drugs and liquors causes the majority of cases. Food stuffs adulterated with glucose are also a prolific cause of the disease; especially is this true in the case of beer drinkers.

One of the surest indications of the presence of diabetes mellitus is in the increased flow of urine, and the constant presence of grape sugar therein, except in that state of the disease just prior to death. The quantity passed may reach anywhere from four pints to as high as three and four gallons in twenty-four hours. The amount of sugar contained in the urine in the same

Illustration No. 35.
Curing Goitre.

length of time reaches as high as two pounds. The specific gravity is usually very high, ranging from 1.025 to 1.050. There is increased uric acid, and albumen may or may not be present, although a very large quantity of albumen would indicate Bright's disease as a complication.

I expect most of you have been wondering what I could be thinking about to go on thus and explain specifically what would be found by a chemical analysis of the urine, when it has no significance to you, inasmuch as you are hardly expected to be chemists. It is almost absolutely necessary that the urine be analyzed.

Firstly, the quality of urine must be ascertained. This can be done at home just as well as anywhere, though. The quantity of urine passed in twenty-four hours, by a normal person, is forty fluid ounces. Of course, this may slightly fluctuate as the result of fluids being taken at the time the test is made; but in diabetes the excess will be so marked that it cannot be mistaken.

But to determine the alkalinity and acidity, the specific gravity, the presence and amount of sugar passed, the presence and amount of albumen passed, and various other things, it is necessary to submit an eight-ounce specimen of the urine to some one who is prepared and competent to make a chemical urine analysis.

There is a constant, unsatisfied thirst in this disease, with a dry, parched condition of the mouth and throat. This thirst is unlike the fever thirst, being more like the craving for water caused by the use of extremely salty food. It is almost incredible the amount of water some cases of diabetes will drink. A pitcher of it must be constantly within reach, both day and night. The average case will drink from two to four, and even six and eight, gallons of water in twenty-four hours, while the normal person should drink from one-half to a gallon, although the average person does not drink over half that amount. The appetite is sometimes voracious, sometimes almost entirely, if not absolutely, lacking.

As the disease progresses there is emaciation, languor, soreness, and pain in the extremities; the skin is dry, harsh, and liable to be scaly, especially on the forehead and nose.

The complications liable to result are usually affections of the skin, such as psoriasis, eczema, boils, carbuncles, etc., indicating lack of elimination of toxic or poisonous matter. Lung and pulmonary affections may occur, and especially is Bright's disease a probable complication. This, as was said, is determined

by the amount of albumen passed in the urine. Affections of the eyes also occasionally occur, such as defective vision from the atrophy of the retina; also soft cataract.

The course of the disease is not very accurately defined, as it is either chronic or acute, the average case being chronic. Sometimes diabetes requires years to establish itself, the symptoms becoming progressively distinct; and then there are other cases where it is acute, ending fatally in from four to six weeks.

The approaching termination of this disease is characterized by a decrease in the amount of the urine passed, and in the amount of sugar contained therein; albuminuria is very pronounced, even to the extent of justifying the conclusion that there is Bright's disease as a complication, a hectic fever, and an absolute disgust for all food. Then the nearer approach of death is indicated by complete exhaustion, stupor, and occasionally delirium and convulsions, terminating in complete coma. Sometimes uraemic convulsions cause death, but this is rare, however.

Diabetes mellitus differs from Bright's disease in that in it the dropsical tendency is not present, that the albumen in the urine is neither constant nor in such pronounced quantities; it differs from diabetes insipidus because of the constant presence of sugar in the urine, which is not true of diabetes insipidus, and the amount of urine passed in the mellitus is not nearly so great as in the insipidus. It is thus seen that diabetes mellitus is easily diagnosed.

Diabetes insipidus, polyuria, or polydispia, is characterized by an enormously excessive flow of urine, the patient passing from five to six gallons in twenty-four hours, but being free from sugar and albumen. The specific gravity, unlike that of diabetes mellitus, is subnormal, ranging from 1.001 to 1.007. Normal specific gravity is from 1.015 to 1.030. The appetite is voracious, the bowels chronically constipated, and the skin, as in diabetes mellitus, is dry and hard.

The cause of the excessive flow of urine is probably due to a dilatation of the renal vessels, caused by a paralysis of the muscular walls, as the condition can be induced by an irritation on a spot on the fourth ventricle, or by action of the sympathetic nerve.

In describing methods of treatment, I will include the dietetic and mechano-therapeutic, the dietetic being considered first.

One of the most annoying features of this disease is the un-

satisfiable thirst. The first thing which we should ask ourselves is, What causes this? The trouble here is with the stomach. This intense and continued thirst is produced by the unnatural concentration of juices in the stomach. Water—at least cold water—has no effect so far as diluting these juices is concerned. But there is a very effectual and simple method of allaying this awful thirst. Give hot water, in small swallows, about every eight or ten minutes. Distilled water should be used, if it is possible, and, at the least, should be just as soft as can be secured. This dosing with hot water should not be done carelessly, but great care should be exercised in having the water neither too hot nor too cold, and in giving the doses promptly. This should be continued just as long as the patient can take the water. Highly satisfactory results will ensue.

In selecting a diet for diabetic patients the principal thing to be guarded against is sugar—not really sugar itself, as found upon our tables, but the articles of diet which produce sugar when subjected to digestive forces. Thus, when potatoes enter the mouth they are principally composed of starch; but this starch is converted into sugar during the process of digestion. All carbohydrates should be avoided, and nitrogenous food used as nearly exclusively as possible.

As all Home Health Club students desire to understand everything concerning a disease—and understand it thoroughly—I will explain why it is that these carbohydrates (composed of carbon and hydrogen) should be excluded as much as possible. Scientific researches have revealed the following regarding the presence of sugar in the urine:

The human body is not supplied with nourishment at anything like regular periods, so the all-wise Creator has provided against contingency by providing it with various means of storing vitality—producing material. One of the most important of these "supply-houses" is the liver. It has been found that after the liver was removed, thoroughly cleansed, and allowed to stand for a few moments, sugar was still present. This proves that the liver has some functional power of producing sugar without being entirely dependent upon the portal vein. Further investigation revealed the fact that there was present in the cells of the liver a material capable of being changed into sugar. This scientific discovery was made by Claude Bernard. Dr. Bernard named this material which he discovered glycogen. He found that by

Illustration No. 36.

Treatment for Locomotor Ataxia.

subjecting it to a diastatic ferment it was converted into sugar. He also found that glycerin was very powerful in producing a diastatic ferment.

We now have the scientific knowledge of the formation of grape sugar in the circulation, and the reasons given by the profession for prescribing and proscribing various articles of diet. What my own ideas are regarding the causes of the changing phenomena in diabetes will be given later.

It would be preposterous for me to describe a diet, and claim for it adaptability to all cases. For instance, obese people derive nearly all of their fat from carbohydrates, indicating that nitrogeneous diet should be almost exclusively used, while a thin, nervous person could not secure sufficient nourishment from a nitrogenous diet to sustain vitality, indicating that a mixed diet should be given, even at the expense of increasing the grape sugar in the urine.

Where people are possessed of sufficient funds to gratify every expensive whim, a varied and agreeable diet can be secured, even though carbohydrates are proscribed.

One of the articles of diet which it is hardest for diabetic patients to dispense with is bread. It seems that with all persons placed on restricted diets bread is the hardest article to discontinue. This is not because of its particular nutritive value, but probably because of its prominent and continuous place in the diet of nearly every one. It is not always best to be too strict in denying bread absolutely, as it is liable to cause a disgust for all food, and the loss of what has been gained in the way of resignation to restricted diet. A little dry toast, made from stale, whole wheat bread, will do more toward making dieting possible than it will do damage in its effects on the progress of the cure.

It is best to relieve the patient of just as much of the disagreeable portion of the treatment as possible. To do this it will be found advantageous to provide a separate place for the patient to partake of his meals. It is very trying to be forced to avoid numerous coveted delicacies when a whole tableful is being enjoyed by your friends all about you.

The articles of diet that can be given in diabetes are essentially as follows: Nearly all meat soups, using no vegetables therein. The only meat soups which I would proscribe are turtle soup, ox tail, gumbo, and curry. Eggs are excellent, and may be used in any form, although soft-boiled or poached are prefer-

able. Fresh fish of all kinds are very good, including the following crustaceans: Lobsters, crabs, and shrimps. Salt fish are also considered admissible by some of the best authorities, but they frequently increase the thirst so that they cannot be used. All fresh game and nearly all kinds of meat are to be used freely, with the exception of liver.

There seems to be a divergence of opinion regarding fats. One author proscribes butter because it may still contain some of the grape sugar of the milk, while other writers particularly urge its use. I would say to use it in the same quantity which the patient usually consumed, but to make no effort to increase that amount. I am of the opinion that the good which will be done by this fat will more than counterbalance the liability of its doing damage by containing grape sugar. Then, too, some authors proscribe all fats because they contain glycerin, and, as stated above, Claude Bernard found that glycerin aided greatly in producing diastatic ferment, which converted the glycogen into glucose. I would say, however, that this was hardly necessary. In a great many instances the ability to digest fat is increased in diabetes.

Quite a variety of vegetables are allowable, although not more than two kinds should be indulged in at any one meal, and only in small quantities. The following vegetables may be used, according to the above restriction:

Radishes, vegetable marrow, spinach, cucumbers, cranberries, dandelions, pickles, horseradish, sorrel, okra, and cress. Some authors even allow asparagus, egg plant, green French string beans, kohlrabi, cauliflower, summer squash, etc., but I hardly think it is wise to use these, and only occasionally, if at all.

For desserts the following are considered admissible: Tart gelatin jellies, coffee, and lemon jelly, cranberry sauce; oily nuts, such as almonds, pecan nuts, filberts, hazel nuts, cocoanuts, walnuts, butternuts, etc.

A very liberal diet can be selected from the above, so there is no good, plausible excuse for not following it. It is in strict accordance with the ideas of the best authorities of the day, and will be productive of highly satisfactory results if conscientiously followed.

I have treated a number of cases of diabetes here at the Home Health Club Sanatorium and Hospital by mechano-therapy, and

the results have always been very gratifying, inasmuch as there has not a single case come to me but that I have either greatly benefited it or effected a radical cure.

It is not to be expected that all members of the Home Health Club are proficient operators in mechano-therapy, and would readily understand why various manipulations were made, and their probable effects on certain conditions; so I will not give the directions for the manipulations without first fully describing my ideas regarding diabetes, which differ somewhat from those generally accepted by the profession. I will then minutely describe the manipulations, and their effect on the conditions which I hold exist in this disease—and I will leave for you to decide whether or not I am correct, after you have given the mechano-therapeutic method of treatment a thorough trial. Of course, it is not to be expected that home treatment by one not skilled in the art will be as effectual as if performed by a professional operator, and the condition is too serious to be trifled with.

I will, in describing my views on diabetes, call your attention to those of the general profession, and then compare them with mine.

Of course, all know that the particular difficulties in diabetes are the excessive flow of urine, together with the passing of grape sugar, and, generally, albumen. When albumen is always present in marked quantities we then have the complication of Bright's disease. The main point of divergence of opinion between my personal views and those of the profession at large is in the explanation of the passing of such very large quantities of sugar in the urine. The profession, as a rule, accept the opinion of Claude Bernard. I will briefly go over this again.

Claude Bernard found that after the liver had been removed and thoroughly cleansed, and, after standing for a short while, it still contained sugar, which proves that that organ has the functional power to produce sugar, independent of the portal vein supply.

Upon investigation Dr. Bernard found that there was stored in the cells of the liver a certain material which, when treated to a diastatic ferment, produced glucose. To this material he gave the name of glycogen. Then the theory which he introduced was that certain conditions existed in diabetes which produced an abnormal quantity of this diastatic ferment, which, in turn, continually produced a great surplus of the grape sugar, which was

Illustration No. 37.

Treatment for Enuresis—Impotence.

passed into the urine. Then, from this theory, also emanated the one explaining the cause of the great thirst. It was that an unnatural concentration of the digestive fluid caused irritation to certain membranes. This condition called for some means of diluting these fluids, and nature attempted to accomplish this with water.

And now for my opinion. I hold that there is an inflammation of the kidneys produced which is responsible for the excessive flow of urine. For this the diet is primarily responsible. In all cheap candies, preserves, jellies, etc., as well as in nearly all American-made beer, an adulterant is used which is known as commercial glucose. This is a product which, if used extensively for any great length of time, materially affects the kidneys. It collects in these organs, and forms a sort of mucilaginous material which closes up the cells of the kidneys, and incapacitates them for their duty.

Perhaps all of you do not just understand the great importance of the work performed by these organs. The kidneys are the filters of the system. The blood is here filtered, and the urea passed off through the ureters, and the sugar and albumen passed on into the circulation to build up new tissue.

This matter, resembling the glucose of commerce, deprives the kidneys of their ability to perform their functional duties, and, as a consequence, the sugar and albumen are passed into the urine, and the system robbed of its nutriment. I am now ready to explain what I believe to be the cause of the increased flow of the urine. The material above referred to sets up an inflammation in the kidneys. Inflammation, as we all know, causes heat and increased action; hence the increased flow of urine. This continuous drawing off of the vitality of the body through the urine causes emaciation and the other concurrent difficulties of the disease.

Perhaps this will be better understood if some other diseases or conditions with which all are familiar are comparatively cited. Take, for example, diarrhoea. In the first place, this diarrhoea is, of course, due to increased peristaltic action. This increase may either be due to an effort of nature to expel some foreign substance, or to an irritation causing sympathetic reflex. But that matters not. At first this diarrhoea forces out the contents of the alimentary canal, and then begins eliminating materials which it should not interfere with, even forcing out mucus. This

draws off the vitality of the body, eliminating great quantities of matter which should be utilized in nourishing tissues. This is much the same with the kidneys in diabetes.

Again, take chronic excessive perspiring; the vitality of the system may be drawn off through the skin by continued relaxation of the pores, even to the extent of eliminating albumen and sugar by this process.

Now you have my ideas regarding diabetes. The next thing will be to consider the treatment.

It has been said that an error in diet usually causes the trouble, but merely correcting such an error will not in all cases overcome the diseased condition—but it will be an invaluable aid, however, and absolutely necessary to prevent a recurrence of the difficulty.

I do not think it necessary to go into the details of a technical description of the action of the kidneys, nor why and how the mechano-therapeutic treatment effects a cure, but will give the essential things, and any one can prove the right or wrong of my method by a six weeks' trial.

The thing which must be done is to correct the abnormal condition which now exists. The kidneys are not performing their duty properly, so they must receive attention. The manner in which we can do this is to inhibit the nerves controlling the action of these organs. I will now describe the manipulations which will accomplish the desired result.

The first thing necessary is some place on which to give the treatment. If the task is undertaken to treat the disease of diabetes at home, the proper thing would be to secure a table especially for that purpose. This table should be about the height of a common dining table, about six and one-half feet long, and two feet wide. But all who need this treatment will not care to incur the expense of securing such a table. It is absolutely necessary, however, to have something which is perfectly solid, and which will give the operator access to both sides. The floor is the next best place, and will, perhaps, serve the purpose better than anything else, except a table made specially for the purpose.

The patient should lie face downward. The person to do the operating takes his position at the left side of the patient. Assuming that the manipulation is being done on the floor, the operator should rest his left knee upon the floor just below the patient's shoulder, his right foot extended and resting on the floor below the patient's hips, his left side toward the patient, with his back turned toward the patient's hand. The position is now correct.

The operator places the knuckle of the forefinger and the thumb of his left hand immediately over the spine at about the ninth dorsal vertebra, which is just slightly below the middle of the back. With the right hand he grasps the right ankle of the patient. Then, while applying pressure to the spine with the left hand, in the position above described, forcibly raise the limb just as high as possible, and then return it slowly to the floor. Now, moving the left hand down the spine about half an inch, again raise and lower the limb as before, and so on, moving the left hand downward on the spine each time until the coccyx is reached. One-half the work is now done.

The operator now changes his position to the right side of the patient. He this time sinks upon his right knee, and, in fact, assumes the same relative position as before, except that, as he is on the right side instead of the left, his right hand will be on the spine, and the left will grasp the left limb at the ankle. The same method of treatment is used as was just described as being done from the left side.

After both sides have been treated thus, give the following: Kneeling on the left side of the patient, place the right arm under the thighs, and the left hand at about the middle of the spine. Now raise the whole of the lower half of the body entirely free from the floor, while applying pressure to the spine with the left hand. Now slowly sway the lower half of the body from side to side five times.

This effectually performs the work which we are seeking to accomplish. But to effect a cure takes a long while, as the condition is a very difficult one to overcome, and all those suffering from this disease will do well to enter an institution where they can receive scientific treatment.

These manipulations should be given every third day, in conjunction with the dietetic treatment described above. The result will be surprising, and not less surprising than pleasing.

CHAPTER LX

NEPHRO-LITHIASIS, OR GRAVEL

The investigation of this trouble is very interesting, and it is a cause of regret that science has been unable to determine more definitely its exact cause. I think that this is as appropriate a place as I can find in this volume to devote a few paragraphs to the explanation of one of the chief difficulties which confront the physician.

There are very few cases, indeed, when compared with the whole, which the investigation of years—yes, centuries—has been able to completely master. Brilliant minds and indomitable wills have worked untiringly throughout the entire period of their existence, and only that their possessors might bequeath to science one little spark of glittering knowledge as a beacon light to subsequent investigators and as a golden truth to humanity.

But the stubborn intricacy of the mystery enshrouding the punishment the great Creator inflicts for the abuse of the temple fashioned in His own likeness has baffled the utmost endeavors of the honest ambition of successive generations, and progress has been slow. The sparks have steadily increased, however, until some paths are brilliantly lighted by the effulgent rays of a spreading flame, while other paths have their sable gloom pierced by only an occasional ray of light.

The physician of today has to battle with ignorance—not the ignorance of indolence or lack of investigation, but the forced ignorance of hidden truths which science has striven in vain to reveal.

This is not the only difficulty with which he is confronted, either. The matter of diagnosis is one which distressingly confuses in a majority of cases. If it is positively known that a patient is suffering with a certain malady the road to an absolute cure may be perfectly outlined; but if it is not known just what the trouble is it can be readily seen that the selection of proper treatment would simply be a matter of speculation. This is the more reason why no one should employ any but the best physicians.

But to return to the subject of this chapter. Let us study

the trouble. Gravel is generally formed in the kidneys by the nucleation of particles of sand about either a single particle of the same substance or about one of mucus or blood; are generally arranged in strata, but may be radiated from the point of nucleation. These little calculi, as the gravel is sometimes called, produce renal hemorrhages, congestion, and consequent inflammation, which in turn produce cystitis (catarrh of the bladder), nephritis (inflammation of the kidneys), and other grave results.

The symptoms occur rather suddenly, and there is severe pain along the loin and in the testicle of the same side on which the gravel is located. The urine passes in drops and is probably tainted with blood. The pain sometimes becomes so very severe that the patient faints or goes into a general convulsion. This pain is caused by the gravel attempting to pass down the ureter to the bladder, the pain suddenly ceasing when the passage is concluded.

This disease is a very grave one at the best, being more or less so according to the number and size of the calculi. The changes produced in the kidneys are extensive, and they are rapidly disorganized. Then, too, death often occurs during the passage of the gravel down the ureters, from the kidneys to the bladder. It often occurs that the gravel is ultimately voided in the urine after having pursued its painful passage from the kidneys to the bladder. Of course the trouble is then overcome, but it generally recurs.

There is always a way to cure a trouble, but it most assuredly is not always known. It is not exaggerating when I say millions of people die every year because of ignorance. Then, to be wise, and to profit by this wisdom, is to decrease the chances of premature death.

Thus it is with nephro-lithiasis; there is a method of cure which produces the desired results, but there are very few who know it. This is one of the few diseases taken up in this work for which a mechano-therapeutic method of treatment is not prescribed. I am one who searches out the best in everything, and then takes delight in giving it to the masses, content to accept their simple thanks as liberal compensation.

In my experience here at the Home Health Club Sanatorium and Hospital I have found that the physio-medical remedy for this disease was a most wonderful thing, and I shall describe it here.

I desire all of you to refer to another page (see index) and read just what the physio-medical doctor believes in. I have devoted a whole chapter to the explanation of the ideas held by the different divisions of the followers of Aesculapius, and you will find it both interesting and instructive.

The thing which must be done to relieve this trouble is to dissolve the gravel. This once done, the cure is complete. As a rule, this requires only a short time, and the simplest of remedies.

Prepare a strong tea by boiling finely chopped oat straw for about three quarters of an hour. Give the patient a pint of this three times daily and have him drink it hot—remember, I say hot! This is to be taken without sugar or cream, of course.

Prepare a warm bath and pour into it about a gallon of this tea. Have the patient lie in this for an hour, maintaining the temperature of the bath by adding hot water, and enough of the tea to keep it about the same strength all the time. After the warm bath pour a bucket of cold water over the patient and then rub him briskly until perfectly dry.

If the above directions are implicitly followed for a week the trouble will probably be overcome. In about thirty-six hours the gravel is usually dissolved and begins to escape with the urine.

CHOLELITHIASIS, OR GALL STONES

Gall stones are the accumulation and nucleation of hardened bile in the gall bladder and ducts. They may be caused by change in the fluid, the accumulation about a nucleus of mucus, or some other material, or they may be caused simply by the inspissation (drying out) of the bile. It is a condition prevailing most in old people, and especially those who are chronically constipated, and those of a bilious temperament.

The calculi may be large or small, of almost any shape, and either rough or smooth; they may be greasy to the touch or hard and gritty. They are generally green or brown in color, and their number depends upon the size, etc.

The excruciating pain which characterizes this disease is caused by the passage of the choleliths down the gall duct. The pain generally begins just after a hearty meal, or unusual exertion. It is first noticed under the right ribs, and gradually becomes more severe, and of a griping and boring character. The contents of the stomach may be evacuated by vomiting, and convul-

sions sometimes occur. The stones frequently become temporarily lodged, causing jaundice, but this disappears when they are passed.

In the course of a few hours (sometimes days) the calculi pass into the duodenum, and on out of the body by the colon. But in some instances (not infrequently) the stones are either so large or rough that they lodge, and, if surgical interference is not prompt cause suppuration and death.

The thing which must be secured in order to admit the free passage of the stones down the duct is relaxation. The best way to produce this is by the application of a large poultice of lobelia seed and flax seed to the abdomen, and place hot water bottles, or hot flannels, over this to keep it hot. Also inject into the rectum a quart of starch water in which there is half an ounce each of lobelia herb and lady slipper. This should be retained as long as possible. The bowels must be kept open after an attack, or the stones soon form again.

CHAPTER LXI

URIC ACID DIATHESIS

Among the multitude of cases which come before the practitioner for treatment none are more urgent in their demands for relief than those suffering from the various manifestations of uric acid diathesis, of the accumulation of uric acid in the arteries, veins, lymphatics, fasciæ, and the tissues of the body.

The symptoms of the uric acid diathesis, in addition to gout and rheumatism, are many in number and variety, and are exceedingly hard to classify.

Among the affections of the digestive system are loss of appetite, discomfort after eating, accumulation of gas, and persistent constipation; of the throat, tonsilitis; urinary organs, a sense of heat and burning after micturition, frequent micturition, and pain over the kidneys. The pulse may be irregular and intermittent; sometimes we find attacks of palpitation, and there is generally present great depression of spirits, and a general sense of weariness and disinclination for effort of any kind. The sleep is restless, and, on awakening in the morning, the patient feels as tired as, or even more than, on retiring.

The symptoms arising from the nervous system are of interest, comprising dizziness, ringing in the ears, muscular pains and cramps, headaches and neuralgia, affecting various parts of the body; spinal irritation, loss of sleep, general nervousness, and fevers. Hysterical and even epileptic symptoms have been described by some authorities, and hallucinations are not uncommon.

Many of these symptoms may be present in a single case, but in no case do we find all of them. The symptoms enumerated are generally seen either in those leading an indolent, luxurious life, little outdoor exercise being indulged in, or in those whose occupation keeps them indoors, and subjects them to more or less mental strain and worry.

The urine in these cases is of great importance in diagnosis, and should be carefully examined. It is always highly acid, of a dark golden color, and in a large proportion of cases contains a sediment of uric acid crystals, pinkish in color.

The parts of the body where the primary formation of uric acid begins are by no means agreed upon by observers, but we gather as the weight of evidence, first, that the chemical changes ever in process in the tissues of the body do not result in the secretion of uric acid, but rather that it is due to excessive indulgence in nitrogenous foods, wine, beer, etc., when the digestive organs are not able to take care of them.

The digestive tract is primarily at fault in this disease, and, this being true, it would indicate that it is not so much the nitrogenous food eaten, but rather a faulty digestion, and that it was the assimilation of the product thus formed—uric acid—causing irritation of the vaso-motor centers, resulting in contraction of the blood vessels, and hindering elimination from all channels; and, consequent upon this, we find an accumulation of uric acid in the circulation, which, in turn, deposits uric acid in any or all of the tissues.

May not the conclusion be fairly drawn that as many men die today because of error and excess at the table as perish from both hunger and alcoholic indulgence?

The entire principle of nutrition, and the carrying off of waste, depends for its normal working on the uniformity of the circulation in the arteries, veins, and lymphatics, and these are again dependent upon proper nerve force. Free uric acid in the blood irritates the nerves and produces contraction of the muscles, which, in turn,

press upon the blood vessels, and, as a result, there is an accumulation of uric acid in the various tissues and joints of the body.

The first requisite in a treatment of this condition, as will be seen from the foregoing, is that the stomach be stimulated to normal functional activity. As an aid to this, we must first alter the diet so it will diminish very decidedly the possibility of the formation of uric acid by the digestive organs. The required alteration of diet is governed by very simple rules, which can be grasped by any one in a few moments of thought. We must avoid all articles that contain either uric acid, or compounds that can be converted into it, and we thus have to eliminate all animal food except milk. We must provide nitrogen enough to keep urea constantly in the system, as it is a normal constituent, and we must therefore replace the animal foods left off by other things containing albumen.

This can be done chiefly from three sources: First, milk and cheese; second, lentils, peas, beans, etc.; third, cereal foods, as wheat, barley, oats, and dishes prepared from them. Thus it will be seen there can be no difficulty in replacing one class of food by its equivalent in another, so that urea, nutrition, and strength shall remain unaltered.

The above diet will diminish uric acid, in even a few days, but it will take many months to clear out the accumulation.

CHAPTER LXII

CARCINOMA, OR CANCER

DIETETIC TREATMENT

Cancer is one of the worst forms of abnormalities with which the medical profession is required to do battle; and yet there seems to be less known about it than of any of the others.

There is a larger percentage of deaths, as the result of this disease, than from almost any other, except consumption. Statistics show that some 13,000 deaths occur annually in the United States alone from cancer, while in England and Wales the number runs up to 19,000.

Different authorities hold nearly as many different ideas as to its origin. The usually accepted, and very credible, opinion is that it is the result of dyscrasia (bad blood). A certain school of the followers of Aesculapius seem rather disposed to reverse the order of things, and have decided that, instead of dyscrasia, it is rather a cause. They give no reasons for their conclusions, but tenaciously cling to them just the same. This much is known: It is not meant by this, if it is carcinoma of the stomach, that the whole organ is dead; this death is restricted to the part attacked by the morbific growth itself.

There are several kinds of cancer, but they are divided into three general classes—hard, soft, and cancer of the skin or mucous membrane. The technical names are as follows: Scirrhus, or hard, encephaloid, or soft, epithelial (epithelioma), or cancer of the skin or mucous membrane. Some of the subdivisions are colloid, or medullary, smoker's cancer, chimney sweep's cancer, lupus, or noli me tangere, crumoris, and a few others bearing equally as hard names.

The scirrhus, or hard cancer, rarely affects any but those who are well along in years, while the soft, or encephaloid, prevails more among those of middle life.

Cancer is usually characterized by very sharp, piercing pain. Tumor is also frequently attended by pain; the pain in the tumor (when felt at all) is more constant than that of the cancer, but not so acute or shooting, while that of the cancer is intermittent, and very severe.

It is generally understood that the disease is more prevalent among women; but if the cancers of the parts of anatomy peculiar to this sex are not considered then there are quite as many among men as women.

Cancer certainly is a morbific growth, or accumulation, resulting from dyscrasia. The proper thing, then, is to determine the cause for this impurity of the blood. That the blood is impure is conclusive evidence that morbific particles, which should have been eliminated through the various organs designed for that purpose, have remained in the blood. The question now arises, Why are these impurities not expelled?

The effect points to the cause, thus: There has been more nutriment taken into the body than was necessary to maintain vitality, which is even worse than though not enough had been taken. The superfluity of nutrition crowds upon the tissues, and

interferes with the natural and healthy elimination of effete matter. The blood becomes more and more impregnated with this poisonous accumulation. It finally attacks some portion of the body, and establishes itself in the form of a cancer.

It has been seen from the above that there was too much nutrition taken into the system. That is not all; there has probably been some article of diet freely indulged in which also created a predisposing tendency. It is claimed that there are practically no cases of cancer among the orthodox Jews. The reason assigned for this is that they abstain from the products of the swine.

I think I told you once before of the tendency of pork to produce impurities in the blood. The word scrofula is merely a derivation from the Greek word scrofo, meaning sow; thus, scrofula is sow-disease. The meat of the swine is of a scrofula-producing tendency, then. If this is partaken of freely it also aids in supplying the blood with poisonous matter. There are a great many farmers who eat no other meat the year around than pork. They usually kill an immense number of pigs every winter; salting a portion for summer use. The effect of this diet is nearly offset, however, by the outdoor manual labor which they perform. But take a mechanic, who works in some shop from early morning till late at night. Here, too, as a rule, pork is freely used; the scrofulous tendency is free to work its own sweet will—and usually does—in one way or another.

The treatment indicated, then, by the disease of cancer, is a lessening and improving of the diet. When cancer appears the blood has already become so impregnated with impurities that rigorous methods are necessary. A diet that would have sufficed to prevent the disease will not cure it.

I am personally acquainted with an old gentleman of Manchester, N. H., who has been afflicted with one of the most malignant types of cancer for over forty years. The disease made its first appearance when he was a middle-aged man. He resorted to numerous methods of treatment, but at last adopted a carefully selected diet in the hope of securing the result which he had failed to secure by other means. The case had, however, assumed such a malignant form by this time as to render it impossible to effect a complete cure. He eats nothing but whole wheat bread and cold cream in very small quantities. For liquid he never uses anything but plain hot water. Of this he drinks quite freely and frequently. He is now 80 years of age, and is as healthy a man

as is often met. He simply keeps the poisonous matter from his system, and the morbific growth is starved. The last time I saw him the sore was hardly noticeable.

There is another case, which I just now recall, of a lady who was afflicted with cancer of the face, caused by the irritation produced by the bow of her glasses. The above statement is rather untrue; the cancer was not caused by the irritation of the spectacle bow; the poisonous substance in her system was seeking for a vulnerable point of attack, and simply located there because of the irritated condition. This spot was weakened by the constant rubbing of the bow, and here the poison assailed and won.

I was called to treat this case after it had been running for fourteen years. A diet of cream and bread, with hot water for liquid, was prescribed. Although this lady was over 75 years of age when her case was brought to my attention, she lived to the age of 80, and her demise was in no way hastened by the presence of the cancer.

In another place I have given the regulation diet of the profession. This last is much the same diet as I would prescribe in all cases of cancer, under my own care, varying slightly in some individual cases. Where the disease has not developed too far this starving of the morbific accumulation will drive it away. In any and all cases it will be sufficient to stop its growth.

This may seem a very peculiar method of cure—so simple as to be valueless—but it has proved effectual in hundreds of cases, and ought to be infallible if conscientiously carried out, and will certainly be as effectual as a more expensive course of treatment.

CHAPTER LXIII

CANCER OF THE STOMACH

In treating carcinoma of the stomach, according to the common method, diet is a very essential feature to be considered. Great care must be exercised to avoid such articles of food as would remain undigested in the stomach for any length of time, as they might, and perhaps would, produce nausea and vomiting, which, in turn, would cause very severe pains, or, possibly, even a fatal hemorrhage. There is another thing to be considered, too. Food

must be chosen which will not be likely to ferment, and thus cause distention of the already weakened gastric walls. This, I say, is when treating according to the common method.

The difficulty in stomach cancer is not confined to the local ailment. The gastric juice is at fault, too; it is either insufficient in quantity or its composition is not correct. It frequently occurs that the hydrochloric acid is altogether lacking. In digestion gastric juice is a most important adjunct. In its proper composition it is accurately proportioned to perform its duty.

Where carcinoma of the stomach is present, the chemical properties of the gastric juice are altered, so that stomach digestion cannot be relied upon. Hence, in selecting a diet, it is essential that one choose easily digested, or even predigested, foods.

In nearly every case of this kind it becomes necessary to sooner or later supply the necessary nutrition to the body by other means than the usual way, as the stomach assumes a hostile attitude toward any and all sorts of food. The method employed for this is called nutrient enemata. I could go on and give a lengthy lecture on this particular part of the subject, but it would only be time and space practically wasted, as it is not safe to intrust such a delicate operation as the administration of nutrient enemata to any but a trained nurse or physician. Life can be sustained for a number of weeks by this method of supplying nutriment to the body, thus affording the stomach an entire rest. When there is much pain or distress caused by the indigestion of food, nutrient enemata should be resorted to. It rarely requires more than a few days' rest for the stomach to recuperate sufficiently to permit a return to the natural method of supplying the necessary nutrition.

There cannot very well be a diet prescribed for all cases of cancer of the stomach. The reason for this is that the exact nature and location of the carcinomatous lesion cannot accurately be determined, especially in its early stages, therefore, you might say, a separate study of each individual case is required.

The best and most satisfactory way is for the patient to determine for himself, by test, the articles of diet which do, or do not, agree with his case, governing himself accordingly. The general rule would be to avoid all saccharine and farinaceous foods. The reason for their general proscription is that, even when the stomach is in the normal condition, these foods are not digested in it, and when taken into a stomach in which there ex-

ists a carcinomatous lesion they cause excessive fermentation, producing nausea and vomiting. They are likely to produce even so serious a result as hemorrhage.

If food can be received by the stomach at all, predigested, albuminous productions are the ones which are best suited. It is not a wise thing to confine the patient to this sort of diet exclusively, as there are but few cases where there are not times when simple farinaceous foods can be tolerated. The only way to determine when they can be received by the stomach is by closely observing conditions.

There may either be probability of dilation of the oesophagus (the canal leading from the mouth to the stomach), caused by a stricture of the cardiac end of the stomach, or a gastric dilation may be caused, if the stricture is at the pyloric (opening from the stomach to the intestines) end. If the stricture is of the cardiac orifice, it is necessary that swallowing be studied, so as to avoid developing dilation of the oesophagus. Then, if the stricture affect the pyloric opening, the passageway to the intestines is closed, and gastric dilation is likely to result.

The only thing to be done, when there is stricture of either end of the stomach, is to supply liquid food which can be assimilated through the walls of the stomach into the circulation, thus eliminating the necessity of the food passing through the pylorus, doing away with the likelihood of gastric dilation.

In cases where there is any obstruction of the pylorus albumoses are the best, and in cases of gastric dilation they are almost absolutely necessary. Sometimes there is dilation which does not cause either nausea or vomiting. When this state exists fluid food is apt to lie in the stomach for two or three days. It is then unexpectedly ejected. For this reason it is necessary, when nutriment is supplied in liquid form, to percuss the stomach occasionally, to learn whether the liquid has been absorbed.

If the disease has not gone too far, a dry diet, together with scraped beef, chicken, raw or soft cooked eggs, rare beef, etc., is usually best. As hydrochloric acid is generally lacking in the gastric juice, digestion is aided by its use. Very simple forms of starchy foods may be added to this dietary, where there is no pyloric obstruction. Of course, if such foods cause nausea or pain, they must be proscribed.

But where the case has progressed until it has reached an advanced stage, then it is necessary to supply nutrition to the body altogether in fluid form, and very much concentrated. The stomach should not, then, be taxed with very much food. Two or three teaspoonfuls at a time is all that is best to give. In this small quantity, of course, it is necessary to supply food frequently.

The forms of liquid food usually recommended are beef extracts, buttermilk, prepared milk, also prepared egg albumen. Some advise the yolk of eggs, but this is very wrong, as the food must be absorbed through the walls of the stomach, and not digested. The yolk of eggs cannot be absorbed, as they are fat, and remain in the stomach until they are finally thrown off by vomiting. A great many authorities recommend alcoholic beverages in carcinoma of the stomach, but I do not find them necessary. As a rule, I also avoid the beef extracts, if it is possible to do so, and, as was learned in the preceding article, I usually avoid a great many things which are commonly used.

One of the great difficulties in choosing a diet for these cases is that so very many articles of diet cause vomiting. If the food is taken cold it will be much more likely to be retained. This one fact alone ought long ago to have shown, with unerring accuracy, in which direction the cure lies, if such exists.

CHAPTER LXIV

HOT FOMENTATION

Secure a flannel cloth of a size large enough to completely cover the part to be fomented, after it has been folded double. Then have some one take hold of one end of the blanket, and you take the other. Immerse in the hot water all but an inch or so from your hands, and, after it is thoroughly saturated, wring out all the surplus water by each of you twisting in opposite directions. Do not unroll until just as you place it on the patient.

It is usually better to oil the surface to be fomented with olive oil, before the application is made, so that you may not burn the subject. Then rub with oil afterward (except where there is fever) to retain the heat infused into the tissues by the fomentation.

If it is to be a fomentation of the entire body, the same principle obtains.

CHAPTER LXV

SOAPY BLANKET FOMENTATION

The soapy blanket fomentation is of great value in cases where the skin is not active, the hot solution of soap being of such chemical composition as to remove the accumulated perspiration, and the heat infused vitalizes the pores themselves, and makes them active. It is perfectly safe, and the results are certain.

The first thing to do is to prepare the bed by having an oil cloth placed beneath the sheet to protect the tick. Have two extra sheets at hand and plenty of covering. Secure one whole woolen blanket, and two pieces each about half the size of a whole blanket.

Prepare about as much water as you think the three woolen pieces will absorb; this should be boiling hot. Shave into this about a pound and a half of good, brown laundry soap, and let it dissolve.

It requires two people to prepare the blankets. Gather opposite ends of one of the small blankets in your hands, and dip it in the boiling solution until it is thoroughly saturated, keeping it dry a few inches from your hands. Then twist it in opposite directions until all of the surplus water is gone.

Wrap the patient in this so that the blanket passes around the body just under the arm pits, covering the chest. Then cover him well while you wring out the other small blanket. Wrap his feet up well in this one.

Now wring the large blanket out and wrap the patient up in it entirely, except the head. Press this down close to the flesh, and then hastily cover with the two extra sheets, and wrap snugly in the bed clothing. Be particularly careful to bundle the neck up well.

Leave this fomentation on for an hour, or as long as it retains its heat. Then begin at the neck, remove the fomentation slowly, washing off the soap, and the perspiration which has been induced, with very warm water to which about 25 per cent of hot vinegar has been added, following by a gentle, but thorough, rubbing with hot olive oil. Cover the parts again with the bed clothing as rapidly as they are oiled.

Cleanse and oil the entire body in this manner, being careful to cover it well as you go, or harm may result rather than good.

CHAPTER LXVI

COLD COMPRESS

I wish to say that the action of cold compresses and hot fomentations are, in various particulars, similar in their results, although the assertion does not seem plausible on first thought. When a hot fomentation is applied, it is generally with the intention of infusing heat into some portion from which the vitality has been, in some degree or another, extracted. Here heat is necessary to stimulate life. But the heat relaxes (expands) the tissues, and the walls of the blood vessels themselves, permitting and promoting free action of the circulation. A cold compress is usually employed to reduce some inflammatory condition. To do this it is necessary to draw the surplus blood from the affected part, and distribute it over the entire body. Cold compresses are then used instead of hot fomentations because where there is inflammation there is excessive heat, and an opposite element is used. The cold also draws the blood to the part where it is applied, and it then has an opportunity to distribute.

Suppose we illustrate with a case of, say, croup—it is desired to remove the inflammation, and dissipate the hyperaemic condition. A hot fomentation to the throat would relax the tissues and vessels, thus serving the proper end, but the method is too slow! Croup requires immediate results, if it is to be successfully battled. So a cold compress to the throat is used, quickly drawing the blood from the tissues, and distributing it. Thus, you see, the two—hot fomentations and cold compresses—are somewhat similar in their results.

Secure a piece of cloth of suitable material, and of such a size as, after having been folded four-ply, will cover the portion to receive the compress. Wring this out of cold water and press down well upon the part to receive it. It is better and more effectual if the patient can lie upon it. Very simple, isn't it?

CHAPTER LXVII

WET SHEET PACK

This is a most excellent antifebrile (against fever) agent, but should never be resorted to where the vitality of the patient is low, inasmuch as it produces quite a shock.

Spread an old blanket, or anything to protect the bedding, over the lower sheet, and have another covering ready to spread above the patient to protect the covering.

Wring a sheet out of as cold water as you can secure, and wrap the patient in it, with the exception of the head. Cover him well in bed.

As soon as the sheet becomes warmed by the heat extracted from fever-stricken body, remove the pack. Follow by a thorough diluted acetic acid sponge bath (given under the bedding), but avoid any oil.

CHAPTER LXVIII

VINEGAR STEW

This preparation is a very effective diaphoretic (agent which produces diaphoresis—perspiration). It should be applied with the bare hands, and rubbed in as much as possible without irritating the skin too much. The stew is prepared as follows:

One pint of good white wine vinegar, teaspoonful each of cayenne pepper and common table salt; boil down to about half a pint. Strain this through some medium-textured cloth, and apply while as hot as can be borne by the operator's hands.

CHAPTER LXIX

SPONGE BATH

It is quite perplexing, indeed, for the uninitiated to give baths to bedridden patients, without seriously disturbing them.

It is very easily done, once you know how. Prepare a basin of nice tepid bath water, adding thereto a little vinegar, soda, or a few drops of carbolic acid. Use some good toilet soap which will make a substantial lather. Remove patient's gown.

The nurses here at the Home Health Club Sanatorium and Hospital all prefer some soft cloth to a sponge, although this is purely a matter of taste. Whether a sponge or a cloth, wring it out of the water so that it will not drip, and then extend the arm under the bed clothing and lightly but thoroughly sponge,

say, an arm first. Then dry it well with a warm towel. Continue over the entire body in this manner, drying as you go. In this way, a thorough bath can be given without disturbing the patient, or exposing him from under the usual amount of bed clothing.

CHAPTER LXX

BORACIC ACID SOLUTION

Boracic acid solution is harmless, cleansing, and of great soothing powers. It is cheap, and easily made. You can have your druggist put it up for you, or you can make it yourself. Five cents' worth of powdered boracic acid will last for a long time. A tablespoonful of the powder to a quart of water makes the right proportion.

If you have your druggist put the solution up for you, just tell him that you want to use it as a wash, and he will know what strength to give you.

CHAPTER LXXI

RADIANT HEAT BATH

Discoveries are constantly being made in every line of investigation, and the uncertainties of yesterday, shrouded in deepest mystery, are the nude truths of today, their every detail exposed by the brilliant, blazing light of positive knowledge. He who yesterday groped blindly down an uncertain path, where not even one faint spark of light pierced the absolute darkness, steps boldly forward today, his way perfectly lighted and resplendent with great glowing torches of discovery. And this is true of that line of investigation which most vitally concerns us—the art of healing.

For ages back the value of light has been more or less known; the mediaeval physician employed it, in some of its component parts, in treating various conditions and diseases.

Some of you, perhaps, wonder what I can mean by alluding to the component parts of light. Light is composed of seven

distinct colors, any one of which can be segregated from its fellows by refraction. White is the presence of all seven colors; black is their absence. The ray of least refrangibility is the red. You have probably noticed that this color can be discerned when all the rest are indistinguishable. When the sun first surmounts the horizon in the morning, he is just a large disc of red, but as he rises, the entire composition of the spectrum pierces the atmosphere, and he is white. Then when the evening slowly crowds him from his throne he disappears in a red burst of glory.

All that is necessary in a case of abdominal tuberculosis is to perform laparotomy (incision into the abdomen) and let the light in. This immediately kills the tubercular bacilli, and the case is cured.

But it is not always possible to utilize the sun's rays as you would choose, and it therefore becomes necessary to secure a substitute which is more easily controlled.

Scientific investigation has found that electric light is the nearest possible approach to actual sunlight. This is readily proved by the fact that fancy gardeners of the East, who supply the most fastidious custom of the great cities, produce their vegetables by electric light. The vegetation is reputed to be of flavor superior to those propagated by sunlight, because the volume, and consequent heat, can be regulated with nicer exactness than can those of the solar body.

Successive discoveries in electricity have resulted in its introduction into the field of therapeutics, and one of the most successful ways of employing it has been in what is known as the radiant heat or electric light baths. Several models of these baths have been devised, each with some objectionable feature which made it impracticable, until I personally undertook to devise one for use in the Home Health Club Sanatorium and Hospital, taking particular pains to avoid the errors which somewhat handicapped similar baths. The use of this bath has proved conclusively the therapeutical value of electric light, and it has more than accomplished all I expected of it.

Having made extensive investigations of the effect of different colors, I have utilized their feature in connection with the bath, which is equipped with red, white, and green lights, the value of which is receiving further recognition accordingly as it is better understood. The relaxing powers of the heat are of more importance than would at first be supposed, since the

circulation is accelerated, the peristaltic action increased, and effete matter eliminated through the increased activity of the skin.

Of course, you cannot have access to a radiant heat bath, just as though you were here at the Sanatorium, but you can, by a little Yankee ingenuity, make your own. I do not want you to infer that I expect you to turn electrician and each manufacture a radiant heat bath for himself.

The relaxation of the entire system can, in a great measure, be secured by the vapor bath now so common. If you do not possess one of the bath cabinets, you can improvise one as follows: Take an old stool and cut quite a large hole in the bottom of it. Make a shelf about six inches below the seat of the stool, for the purpose of supporting a pan of water, and cut a hole in this shelf nearly as large as the pan which is to be used. Place the pan, filled with water, on this shelf, and set a lighted kerosene lamp under the stool, so it will heat the water in the pan.

Sit down on the stool and wrap yourself with a sheet, all but the head. Draw it up tight around the neck, and pin it. Then let it fall down over the stool to the floor, so that none of the steam which will be generated can escape.

Remain in this bath until free perspiration is induced. Then bathe, first with warm water, and follow with a hasty sponge bath in cold water.

The light bath can be taken as follows: Denude any particular part which is to be treated, or the entire body, and sit by a window for twenty or thirty minutes, where the sun will shine through onto the particular member, or the entire body, as desired. Of course, the room should be warm enough to be comfortable while you are exposed.

I will cite an instance where the radiant heat bath cured a case of tuberculosis of the bone. A little lad of 12, residing in Kansas, was brought to the Home Health Club Sanatorium to be treated. He was, as I said, a victim of tuberculosis of the bone. He had a great, ugly sore on his right hip, and one on each of his legs, all of which were discharging purulent pus. His general health was consequently very poor, and it was a great effort for him to walk even a block or two.

He was left at the Sanatorium all alone, his father, who had brought him, not being able to leave his business to stay with him, and a brave little fellow he was.

He was given radiant heat baths every other night, and mechano-therapeutic treatment the alternating afternoons. He rapidly improved, and at the end of six months he was entirely cured, when, had he not received proper treatment, the same length of time would probably have sufficed to kill the little fellow. The only medicine employed was the tissue elements or foods.

The light treatment certainly is an excellent one in all cases of purulent ulcers of any kind. It will also be well to wash them frequently with the boracic acid solution described elsewhere in this volume.

CHAPTER LXXII

HOW TO MAKE A BED

I suppose that most women will be surprised to see the heading of this article, and not a few will be indignant. It does seem rather presuming for a man to attempt to tell a woman how to make a bed. But I feel safe in asserting that not all women could step into the Home Health Club Sanatorium and Hospital and make a bed that the head nurse would O. K.

First of all, if there is one in the house who is liable to be confined to the bed for any great length of time, buy a three-quarter white iron bedstead. They are very cheap, and are far the best in such cases.

Many people living in the country use straw beds; and, in all probability, a feather bed on top of this, which all but requires a stepladder to enable one to get into it; and, besides, the feathers are hot, damp and absorbent, and altogether undesirable. The most desirable mattress is made of a good quality of long horsehair. Over this place a mattress protector made of a layer of cotton, inclosed in a cheap quality of muslin or cheesecloth, tacked to hold it together. The knotted side should, of course, be placed downward. Next comes the lower sheet, which should be smooth and free from wrinkles, to prevent which it should be placed perfectly straight and tucked in neatly at the head, foot, and sides.

The upper sheet should be placed smooth side down, and left far enough up to turn over the blanket, and at the foot it should be tucked in with the lower sheet, taking care to leave space enough for the patient's feet to move comfortably.

The blanket and light counterpane come next—these should be tucked in only at the foot, leaving both sides free. The upper edges of the blanket and counterpane should be protected by the sheet being folded backward.

I need not say, I presume, that all linen, and in fact, all the bedding, should be immaculate, and that the pillows used by a sick person should be well shaken up two or three times a day.

CHAPTER LXXIII

SMALLPOX

Without saying anything in regard to the merits or demerits of vaccination, further than that I do not approve of it as a preventive from contagion, I will proceed to describe the Home Health Club method for securing the desired results.

It is the simplest thing in the world to render children, and older people as well, immune against smallpox, and at the same time wonderfully increase, instead of deplete, the store of vitality. I have had much to say in this book of the antiseptic power of vinegar, or diluted acetic acid—for they are one and the same. The so-called white wine vinegar is acetic acid diluted with water, and is a good vinegar, but is usually too strong for table use.

Now you ask, "Where do you get your authority for using a cheap, homely remedy that even the poorest readers of your literature can secure?" I answer, Go with me in imagination back 1900 years, and watch the good Samaritan, of whom St. Luke tells us, and we find that when the priest and the Levite passed by the wounded man he "went to him and bound up his wounds, pouring in oil and wine"—and we at once decide that this good itinerant knew something of the laws of nature. The wine was probably the most like vinegar of anything which could be obtained—in fact, hereafter some of my wealthy readers will probably use champagne instead of common vinegar when desiring to ward off disease or heal a wound; but they must remember that I have not recommended it to be taken internally.

Pure acetic acid, diluted to the proper strength, and called vinegar, is one of the most valuable remedies to be found about the house, and is an able assistant in the practice of hydrother-

apy. The judicious use of acid and oil, together with water, will enable an intelligent mother to laugh at the so-called children's diseases; and even smallpox loses half its terrors when these remedies are understood and practiced.

Smallpox is essentially a disease of filth—not that every person who ever had it is necessarily unclean, but they contracted it by coming in contact with the germ in such a manner that the filth adhered. Even though you may have been exposed to the disease, prompt and energetic measures will prevent an attack.

The first thing to do will be to remove all the clothing, and at once sponge every portion of the body with the acid, diluted until it is just strong enough to cause a slight smarting. Follow this with a thorough inunction of the oil, and put on clean clothing from head to foot; not a single piece of that previously worn is to be put on again until sterilized—hat, shoes, necktie, gloves, coat, and topcoat, as well as all underclothing. Any one of them may contain the virus which might infect a whole neighborhood where sanitary conditions did not exist.

After the acid bath the person is chemically clean, and unless poison has lodged in an abraded spot on the skin, and already found its way into the blood, there need be no apprehension of evil; the disease will not appear from that exposure. Then, if the entire body is thus treated about every other day, you can pass with impunity through the midst of the most violent epidemic, and fear no evil. The acid of vinegar neutralizes the poison of smallpox almost instantly. Cleanliness, plenty of fresh air, and pure, wholesome diet are the essentials in seeking to avoid the pest.

But, says one: "Suppose that a person has been exposed by riding in a street car, and knows nothing of it; what is to be done in such a case?" Well, as I have just said, if there are reports of smallpox near you, it is a very simple thing to make yourself chemically clean two or three times a week. Change your clothes for fresh ones a little more frequently than usual; watch your diet and drink, and you will be all right. But if you find a neighbor who has not taken these precautions, and you are satisfied that he is coming down with smallpox, prompt, energetic measures are necessary.

The same treatment which you will find described elsewhere in this book to be used in the preliminary treatment of all cases of fever must be promptly and energetically used. But in this

case a fire has been started within the body, and rages fearfully in spite of the cold applications, and all that it is possible to do is to control it. It is true it may continue for days, but instead of the temperature rising as high as 105 degrees Fahrenheit, and remaining there, as it does in many cases, you can lower it to 100 degrees, and keep it at or below that point, thus not only affording continuous relief to the patient, but reducing to the minimum the danger of a fatal termination. The development of the case, and the degree of outer manifestations to follow, will be largely determined by the amount of heat allowed to exist in the early stages.

Now, for that stage of the disease in which repulsive exudation takes place. In some cases the pitting, or sores, become so terrible that it is almost impossible even to look at the sufferer, and the fearful, offensive discharge is of such a corrosive nature that it literally eats away not only the skin, but portions of the muscular tissue, leaving the body scarred and disfigured for life. All this may be easily changed by applying a remedy that will counteract the corrosive substances—and here again our acid is found to be the most valuable agent to use. Plenty of fresh air, cleanliness, and, in this case, a darkened room heated to a temperature of not more than 65 degrees Fahrenheit, with acid —and few, if any, marks of pitting will remain to tell the story of suffering.

There must, however, be no half-way, half-hearted, perfunctory use of the remedy, if we wish to counteract the effect of the corrosive matter discharged. The acid must be soaked into the pimples until it is felt reaching the sensitive nerves that lie under them, or little or no good will be accomplished. For instance, we find a large portion of the skin covered with a scab of dried humor. A thin cloth is dipped in vinegar, and laid over the spot; of course, it does no good. It will not even moisten the outer part of the crust. If any kind of ointment has been smeared over the parts to relieve the itching, it prevents the acid from reaching the innermost parts of the coating, and the end sought is thus frustrated. But as soon as the pimples begin to make their appearance, just soak them with vinegar, and get the acid fairly into them—in fact, through them, and into the tissues beyond. First one spot and then another must be thoroughly soaked, again and again, not attempting to cover too large a surface at one time, but going over each little pustule slowly and steadily,

neither overdoing nor underdoing, but using care and good judgment. After a considerable surface has been thus treated, if there is any smarting sensation, or a tendency to feel chilly, follow the soaking of each pimple with a little fine almond oil, and there will come a wonderful ease and comfort to the tormented sufferer.

There is no danger in using oil, for as soon as the exanthema appear, the fever almost invariably ceases. Suppuration commonly begins about the fourth day after the first appearance of the eruption, when the fever is again liable to rise, with accompanying headache and suffering, in which case the oil must be dispensed with. As will be seen, the person who nurses a smallpox patient has a long job, and one requiring constant attention; but, with patience, she is sure of a successful termination.

Desiccation begins about the eleventh day; scabs form on the exanthema, and in a few days drop off, being followed by thinner ones, which are in turn followed by others. But by the use of acid and oil this process does not terminate as when the ordinary, careless method is pursued, but the clear, bare skin is soon discovered free from scars, and the purified sufferer comes forth as he should have been in the first place—chemically clean.

Of course, in all cases of this kind, it is imperative that you have the best medical skill obtainable. What I have here told you might tide the sufferer through, if there was no physician to be secured, but it is intended only to simply and ably supplement the efforts of the doctor. Not one sensible practitioner will raise any objection to all I have here prescribed; for he knows that on careful nursing depends the success of any treatment he may give. An ignorant bigot might object to the use of anything which he did not himself prescribe, in which case the best thing to do is to get a man who has sufficient common sense to use any remedy which will save his patient and ease suffering.

The first and most important consideration in times of smallpox epidemic is to allay the fear which is apt to rise in the public mind; the next is to point out how the danger may be at least greatly reduced; then to teach how the disease may be mitigated when it develops. There are several points in the character of the disease which cast considerable light on the way of dealing with it. One of these points is its capability of being produced by what is called inoculation. By inoculation is meant, if a small part of the skin is rubbed off, and the pus from the smallpox pus-

tule is introduced into the abrasion, the disease will appear and spread all over the body. There are exceptional cases, in which the state of the skin, or of nerve, or blood, or altogether, is such that the disease cannot be communicated even in this way; but such cases are certainly not the rule. The truth that this disease is communicable by being introduced in the above described manner to the inner skin, is beyond all rational doubt. As I said before, that is one point of great importance.

Another feature is that the disease tells most upon, first, those of filthy habits; second, tender people, such as children and grown-up people whose outer skin is thin. This is another point of importance. These persons are more or less easily inoculated, so to speak, in whatever way the virus of the disease may reach the surface of their body. Their outer skin has very little protection against such diseases as this.

Then, there is still another point. The disease is least deadly among those whose skin is most frequently and effectually cleansed. That substance, whatever it may be, by which this disease is introduced into the skin, when it has the advantage of lodging for a considerable time on the surface succeeds in penetrating to the inner nerves and circulation, so causing the disease to spread over the entire body. This point has a two-fold aspect. When the clothes that are worn next to the skin are seldom changed or effectually cleansed, the disease is found to be most serious.

It is clear that all these points direct us to one thing, and that is, the state of the skin most favorable to the development of the disease is the one in which it is not sufficiently cleansed. It, in fact, puts the question of chemical cleanliness before us.

To illustrate what is meant by this, let us take the case of a chimney sweeper just after he has completed a good morning's work. Looking at him, you will probably say that he is far from clean. Well, if you mean that his clothes and skin are coated with a considerable quantity of carbon, you are quite right. But carbon is not, in itself, by any means, a very uncleanly substance. It is only newly laid on, and the perspiration has not at all saturated the soot. The sweep is a much more cleanly man than many who give him a wide berth lest he should befoul them. If, for example, the sweep, before he commenced his work, was well washed with good soap and soft water, and then sponged with acetic acid, he is a prince for cleanliness, even at his blackest, when compared with a good many very smart-feeling fellow

creatures. He is chemically clean, while they are chemically very dirty. This is of great moment in relation to diseases like smallpox. It is impossible to be, on the whole, chemically clean, and also to keep those committed to our care in a similar condition.

Carbolic acid has become a favorite disinfectant, and, no doubt, it is adapted to the purpose; but it is no better, and perhaps not equal to, the acid which is in vinegar; or, as it may be called, acetic acid, while it is not nearly so safe in unskilled hands. White vinegar, which is, as I have told you, just acetic acid greatly diluted, will answer almost all purposes of chemical cleanliness. If it is strong enough, it will smart a little when the skin is persistently sponged with it, and that is indication of its efficiency.

A good and careful sponging all over, from head to foot, with warm acid of the strength of good vinegar, twice a week, with a change of clothes next to the skin, while these clothes are well washed and rinsed in water, with a good supply of acetic acid in it, will go very far toward giving entire safety, even in an epidemic of smallpox. After each sponging, a gentle rubbing all over with almond or olive oil would add to the security. Apart from vaccination, and everything of that sort, the young or old, kept chemically clean, as I have indicated, will have very little cause for fear on account of exposure to contagion.

This preventive treatment will contribute very decidedly to the general health of those who employ it. It will never do an injury, but very much the contrary in all cases.

Now, let us examine a case of real smallpox when it first enters the fever stage. The pulse is quickened, the skin is heated and probably dry. First of all, let us understand as nearly as possible what is really going on. That substance which is the seed of smallpox has begun to irritate the organic nerve centers of the whole body, and these are throwing out heat in an unusual degree. This is not consuming the substance which is causing all the trouble, but is propagating it in a most wonderful manner. From an infinitesimal portion, which has somehow secured entrance into the system, there is soon formed as much as would inoculate millions of people, and for a time this increase goes on more and more rapidly.

As this continues, too, the tissues and vital fluids will be consumed more and more rapidly. But all this will depend upon the heat; if there is little heat, this process will be slow, and the consumption will be insignificant. If the heat is great, all on

which life depends will be consumed, and in a short time. Mark this most carefully—a certain degree of heat is essential to life. That, therefore, must be maintained.

By the aid of a small instrument made especially for the purpose, we are able to ascertain the degree of internal heat of any one at any time. By repeated tests you will find that the amount of heat present in good health is just at 98.2, as marked on this instrument.

When the fever of smallpox has set in, the heat will have risen to 103, or, perhaps, even 105. By feeling of the patient's hand a sensible mother or nurse will be quite able to judge when something of this nature has taken place, although she may never have seen a "clinical thermometer." Still, it is of no small importance to have such an instrument as this.

Take a case in which the heat is 102 degrees Fahrenheit. At this stage the fever is what might be termed moderate, and if it gets no higher the danger, and even the difficulty, will not be great. By simply applying cloths wrung out of cold water, the heat has been brought down to 100.5, and that in less than half an hour. The amount of danger thus averted by lowering the temperature to this degree cannot be overestimated.

But let us consider another case. The patient is a child, and the heat is 105. This could not continue long and recovery be possible. The whole body is wrapped in cooling cloths, which are changed as soon as they become in the least heated, until the thermometer indicates 101. What a difference now as compared with a case in which the heat continues to rise until it reaches 106 or more, and is not reduced for, say, even as short a time as twelve hours.

You must keep uppermost in your mind the fact that smallpox poison in the system depends on the degree of heat by which it is propagated, and you will then see how mild a case must be when the heat is effectually moderated, as compared with one in which it is allowed to continue increasing.

This, however, leads me to remark that if an effectual lowering of the temperature is to be secured, there must be determined effort for the purpose. The cooling of the head is the first thing done, because of the soft character of the brain, and the importance of saving that. But, if the cooling is limited to the head, it may fail to produce as beneficent results as are desired. So, the packing of the whole body may be necessary to get at the

circulation as it passes through the heart itself, and this is best done by pressing cloths, cooled with ice if possible, over that organ. I would not recommend the use of ice itself, but that a cloth be wrung out of cold water, and then a piece of ice wrapped in it for a minute or so. Then lay this, say four ply, over the left side, and press it very gently until it gets warm. In the course of half an hour you will see very good results from this. Of course, it should be done in a way perfectly agreeable to the patient. The great thing to be kept in view is reducing the violent heat in the whole system, until it is not much higher than it should be.

The very greatest encouragement ought to sustain us in helping a sufferer in such a matter as this. Even if we succeed in bringing down the heat only half a degree, that would, in many cases, be the means of saving a life, where it might otherwise be lost. In other cases it might mean the saving from disfigurement of the countenance, and, consequently, a great measure of sore distress.

No one need rest satisfied with such partial results as these. He has only to persevere with the natural means, and he is perfectly sure of success. The cooling effect of vinegar, or good acetic acid, is very great, and in cases of smallpox it is otherwise most desirable.

It is, hence, of great value to sponge under the bed clothes with this, as well as to cool otherwise. The curious matter is, that the commencement of an attack of smallpox does not indicate itself by an increase of vital action, but in the opposite. It is not an unnatural flow of spirit, but an unexplainable weariness that appears first. Nor is it heat, but chilliness, to which attention is first directed on the part of those who are watching. Yet it is the same when you cast a shovelful of fresh coal on a moderate fire. You cool at first, and the heat follows only after a time. So, when the poisonous substance of this disease comes first on, or into, the nerve centers, it tends to smother them till they have set up their powerful action. This is called the "cold stage" of all fevers.

It is at this time, however, that it is vastly important that something be done, at least to mitigate after stages. There is by no means any time to be lost now. You may do two things in this cold stage. First, you may give small portions of such acids as will neutralize the poisonous substance in so far as they reach it. Half a teaspoonful of cream of tartar, in hot water,

given every five minutes, will do good service. But (of greater importance) you may wrap the feet and legs, above the knees, in a hot fomentation, and if there is pain in the head you may do the same with that. Not less than two yards of flannel should be soaked with hot water, and packed around the feet and limbs, covered with a good thick sheet. A yard or so may be put on the head, so as to heat that well also. By doing these things you save the vital energy from being exhausted or smothered, as it would be if you blew into a newly supplied fireplace. The bad case in which the person seized is "felled" at the outset is greatly aided in this way. It must be remembered that oil would better not be used after these fomentations, on account of its so materially increasing the fever when the hot stage sets in. But it may be used if that is sufficiently watched, and the oil washed off with vinegar as soon as the heat rises to the usual temperature.

For example, we shall say that you have a young person who has shown an unaccountable weariness and chilliness for some hours, and you suspect or fear smallpox, as it is prevailing near you. Put him to bed, pack his feet and legs in a hot fomentation up to the haunches; pack, also, his head, which may be aching more or less, in a similar fomentation. If all chilliness goes off, but he does not get fevered, after half an hour's pack, you may rub him over with olive oil, when you take him out of the flannels. This will be especially good if he is rather more cold than fevered. But you must watch when the pulse quickens and heat rises, to wash the oil off with good vinegar, under the clothes. Then it will be of immense moment to keep the temperature moderate. The chills and heat will come and go for a time, and you will act accordingly. Help with heat when the vital action fails on account of too much fuel put on the fire, and cool when that flames up again.

When, in spite of all that is done to allay the fever of smallpox, that fever goes on to the stage at which its effects show themselves in the peculiar pustules or pox, from which the name of the disease is derived, it is of immense importance that the treatment should modify the virulence of the process which now so seriously affects the skin. As the eruptions appear first, and chiefly, on the face, the threatened disfigurement is no small consideration. Then, when we see that life itself is involved in that same action by which the skin is deeply pitted, the process becomes very much more an object of interest. Here it becomes quite

evident that a substance is generated by the fever, in the pores of the inner skin, which substance is corrosive; that is, of such a nature that it destroys all tissue with which it comes in contact. It eats its way through the outer skin, as we see in the ripening of the pox, and it also eats its way deeper into the inner skin, and even through that, if it is allowed to remain long enough to work upon it. This eating substance leaves many a fair face so drawn, even in the muscles, that it is fair no more.

It is easy to see that when this corrosive substance is allowed to do its worst upon a tenderly constituted person, it kills that person as a severe burning would do, though the burning may be confined to the skin alone. Now it seems patent to reason of the most ordinary kind, that two things must be kept in mind when seeking to deal with an eruption of this nature—we must think of the pitting of the face and breast, but the chief consideration is saving the network of nerves that so abundantly supplies the inner skin. Two things, so to speak, must be accomplished in one. If possible, or as far as possible, the smallpox must be deprived of its corrosive character. This can be easily done. It cannot be done without some care and patience, but with these it may be perfectly accomplished. That is, health must be given to those parts that have been relaxed and rendered an easy prey to everything that wears them away.

It so happens that the vinegar, or acetic acid, so often made available, is adapted to both of these features. For example, a small, angry pimple will rise on the back of the hand. It has a peculiar character from its very first appearance. I am now speaking of that which has no very close connection with smallpox, but so nearly analogous that it gives a most apt illustration. This red pimple is fiery, and sets up an intolerable itching round about itself. If it is squeezed so as to empty it of any matter it contains, it yields only a very little watery humor, and is rendered very decidedly worse for the squeezing. The redness which surrounded it soon after it first appeared increases, and in a few hours it develops into a carbuncle, and becomes a very serious matter indeed. It soon eats into the very bone, and leaves a mark which will last for life.

Now, there are two things in such a case. A corrosive substance has been developed in this pimple, and the tissues around it have been rendered liable to rapid destruction under the inflammatory action which has been set up round the place where it has been developed.

If soon after this pimple appears it is persistently soaked with vinegar, or acetic acid, so diluted that it causes only a gentle smarting, it will cease its itching and burning in about two minutes. It will in four minutes or less disappear, with the exception that a small red spot will remain at the part for perhaps a day or two. The acid has entirely neutralized the corrosive substance that was developed, and has also given perfect health to the parts which would otherwise have been wasted away in a very ugly sore.

A pimple of smallpox is of the very same nature as this, if the disease is serious, and the fever does injury to the tissues on which the virus, as it is called, so greatly plays. The acid, which performs the double service in the case of our incipient carbuncle, does the same service in the case of any number. It will not do to despise the use of such a remedy.

The acid must be soaked into the actual pimples till it is felt reaching the sensitive nerves that lie under them, or little or no good is to be expected. If a cloth dipped in vinegar is loosely laid on the skin when that has got coated with dry humor, and so that no acid gets further than this dry coating, it is unreasonable to look for any decided effect. Or if ointment is smeared over the face and other parts in such a way that the oily substance of that ointment will keep any acid it may contain from reaching the inner skin, which must be reached if good is to be done, the remedy must fail. All such things would be futile in the case of the carbuncle, just because the chemical and vital process to be desired could not possibly take place. But it is perfectly within the reach of any ordinary hand so to soak the pimples from their first appearance as to get the acid fairly into them. It will go, in fact, through them and reach the tissues beyond if it is well and sufficiently done.

There is a very foolish idea that the more eruptions that appear on the surface in such a disease, the better. The notion is that all that appears in the pox has been diseased matter in the blood. It is not taken into consideration that the diseased matter is formed in by far its greatest measure in the pores and out of their substance, and that of the myriad nerves supplying the skin. If this destructive process can be arrested or lessened, there is all the more likelihood of life, and that with little injury to anything. If it is not arrested there must be so much less likelihood of life, and so much more injury, even if life is spared.

So far, what is wanted is obvious—that is, the thorough soaking of the pustules of smallpox with a neutralizing acid, such as we find vinegar to be. But it will be well to guard at this point against doing this in any way inconsistent with other conditions of life and returning health. For example, this treatment of pustules must not be so done that the acid will do what the corrosive substance of the smallpox itself would have done. A case is cited by Professor Kirk of a man with a large hole in his leg, caused by the application of too strong carbolic oil. The carbolic acid in the oil was so strong as not only to neutralize the diseased matter of a few broken veins, but so as to eat into the healthy tissue beyond. Any one with a head on his shoulders should be able to avoid such a blunder as that.

Treatment of smallpox pimples that will cause the least real pain is not advised, but only so much as will be felt. Then it is not necessary to sponge at one time the pustules over the entire body. You will do better if you take one or two pimples and treat effectually a small portion of the affected skin, and then pass from part to part. In this way you can use a little fine oil after this soaking with vinegar, and so keep off all danger of chill such as might occur if too much of the surface were treated at once with the evaporating acid.

This Home Health Club treatment for smallpox has been tried by a great number of its members, and has been found very highly effectual in a large majority, if not all, cases.

CHAPTER LXXIV

BREAST CANCER

I have had a number of letters recently asking me to give instructions for the home treatment of cancerous swellings of the breast. One poor woman writes a most heartrending letter telling of having passed through a severe surgical operation after a most careful diagnosis made by three eminent physicians in New York and Boston. After the operation was over, however, the surgeon coolly informed her that it had all been a mistake, there was no cancer, simply a cyst, which is very common. Isn't it too bad that

she did not first try the Home Health Club method and save all that suffering? Simple and safe methods are the best.

True cancer is one of the most severe afflictions to which suffering humanity is subject. Any real remedy for it may be highly valued; but probably that which is most important in the way of making a good use of a remedy is intelligence in reference to the trouble itself. It is quite common that in the breasts of women there frequently appear small swellings that can be felt to be about the size of pigeons' eggs, or less, and that cause no inconvenience. These come and go often without attracting any attention; but they sometimes come and do not go till they have attracted notice. If the patient has had a sharp blow, and some time after one of these egg-shaped swellings is felt in the breast, it will not then be likely to go away without some effort to cause it to do so. Such "lumps," as they may be called, are most easily dispelled in their early stages; all that is needed is a long, effective heating and massage of the breast, and all is made perfectly right and well in an hour or so. Such swellings frequently disappear with only one-half hour's treatment and are not true cancer.

The breast is placed over a basin of warm water, as warm as is comfortable. This water is laved on the breast, the heat being kept up with fresh supplies of water, for perhaps ten minutes or a quarter of an hour. Then warm olive oil may be rubbed on, and the breast gently pressed and manipulated so as to stimulate vital action in its whole substance. When this is done for, say five minutes, the bathing should be resumed for ten minutes or so, and then the rubbing with the oil again. But it must be understood that this is only when the lumps in the breast are in their early stages. The hot treatment will not do when they have got beyond such stages.

My object in this work is chiefly to treat them when they have gotten beyond the time when hot treatment will do. When such tumors or swellings have begun to grow as separate growths in the breast, heat will only hasten that growth. It is usually long after this has taken place that remedial help is sought. Months after it is too late to use warm treatment one is asked what is to be done with a breast that has got all wrong, and is under the dominion of a diseased substance that is growing within it. Now is the time when an inferior medical man advises that the breast be taken off. The physician who knows and feels for his fellow-creatures advises that no cutting should be allowed, nor any one

thing that can irritate at all. Here is the point at which I usually find myself called to say what should be done. But there is another point of a similar character at which I am frequently called to advise. That is when the breast has been cut off and the evil growth has begun to show itself again. This occurs usually in a year or so after the operation. Whether it is at one or the other of these times, there is one obvious remedy. It is that of simply starving the diseased growth so as to arrest it. Now this may be effectually done, and the sorely tried patient may be saved a world of pain, and even cured effectually. More than one apparently desperate case has been presented in which effective cooling accomplishes this and secures the patient unspeakable precious rest without narcotics. But this is not all; it puts an effectual stop to the swelling. If the case has not gone too far, but is still one of a very formidable character, the swelling falls, and even disappears; but even when it has gone too far for this, the disease is stayed and every symptom of it is lessened. All the swelling but the actual separate growth is removed. For instance, when the swelling has passed from the breast into the arm-pit, it is dispelling, and entirely confined to the actual substance of the tumor.

Now, how is this managed? Simply by the internal use of the tissue elements and externally the persistent and vigorous use of the cold towels. The towels must be large enough to allow of four-fold covering of the whole breast. They are wrung out of cold water at first, and, if possible, cooled with ice instead of being wrung out after. One at a time is gently pressed all around and over the swollen breast. It is heated by the breast in one or two minutes and must be changed. The second is pressed around and all over the breast in the same way. It also is heated; but you may have three of them in circle, and if you have a bit of ice around which to wrap those that are cooling you have cold enough. Some would put on an ice bag, and let it lie, but I do not advise this. It is very apt to destroy the outer skin by too severe cold, and it does not abstract heat so rapidly as is done by a substance that is nearer the temperature of the heated breast. This treatment requires work—no doubt of that—but its efforts are well worth the work that it requires. A nurse who is prepared to do her best for a suffering sister will not grudge the work, and she will find out how to moderate her own efforts so that as much good may be done beyond the point at which human efforts are fitted to save life, and a nurse, one who is rewarded by seeing good done and help given, will not lose her re-

ward even then, for she will see that she has been owned of God to give much relief when it was greatly needed.

When the cooling treatment given twice each day or oftener, if it can be done without discomfort, has reduced the swelling and put back the tumor, till it may be fairly regarded as capable of absorption, it will be well to try the effect of hot fomentation by bathing as first described. This will not do harm but good, if it is only used so far as to try whether the stage for the hot treatment has been reached. If the hot bathing is agreeable, and instead of causing pain, rather soothes and comforts, it may be strongly tried. But this will be only if the effectual cooling has put back the disease so that it has been really mastered. So long as the separate substance shows a tendency to increase it will be well to press in upon it the cold or starving influence.

It is not to be forgotten that the origin of all such growths, those that never give trouble and those that do, is loss of vital action, such as removes waste substance, instead of allowing it to accumulate anywhere, and which causes it to ripen so that it can be easily removed.

It is well possibly to use means such as may increase that vital action in the system generally. If this is done, and the diseased growth is at the time effectually starved, we may hope for a cure even in very trying cases. Don't imagine that such a case is to be cured with one treatment or even two, but keep it up for weeks or even months if necessary and also use the tissue elements, carefully selected according to the indication of the system, and in 90% of such cases the cure will follow.

PART TWO

LESSONS ON DYNAMIC MAGNETISM

BY

DR. DAVID H. REEDER

LESSONS ON DYNAMIC MAGNETISM

CHAPTER I

POSSIBILITIES OF MAGNETISM

To the magnetic man or woman there is no task within the range of human possibilities too difficult or too great to be undertaken, and that, too, with an absolute assurance of success. Such a person cannot be swerved from a legitimate purpose once formed. Chance, destiny, fate or luck are factors not worthy of serious consideration—an indomitable will, coupled with the magnetic force, compels success.

There are, it is true, many who have been successful in accumulating great wealth and yet were not in the least what would be called magnetic. But I am quite certain that few, if any, of my readers or students, would care for wealth were it not accompanied with loving friends and pleasant companions. Indeed, many would, if given the choice, prefer to be powerfully magnetic and able to win the love of friends, even though they were denied wealth, than to have an abundance of this world's goods and be so lacking in attractive magnetism as to be positively disliked by nearly all with whom they came in contact. I say attractive magnetism, for every human being has more or less of magnetism, but it is in the most cases not understood, uncontrolled, improperly controlled, undeveloped or wasted. The original supply is inherent in all, and properly developed, controlled and directed, becomes a power that is almost invincible. Many people who would have great magnetic power, are, in reality, weak and lacking in force for the simple reason that they do not know how to direct or use the power that has been developed. They are, therefore, easily controlled instead of being able to control others as they should.

How to cultivate, control and direct the magnetic forces can be mastered by any intelligent human being who will study closely and practice continuously the teaching in this book.

I am well aware that there are many works on the market which are boldly advertised as containing valuable secrets which will enable the possessor to master the art of ruling thousands and become so strongly magnetic as to practically bring the whole world to his feet. But I have spent much time and money in investigating such claims, and while, in the great mass of such literature, I have been able to find some wheat among the chaff, I am compelled to admit that of all the books I have so far studied, a few only give to the searcher knowledge of any real benefit.

I have before me a very pretentious work, the advertisement regarding which would lead one to believe that it contained all the mystery in a nutshell. As a matter of fact, the whole book tells about magnetism, and the wonderful advantage it has been to the author; how it has enabled him to control individuals, audiences, and accumulate vast wealth—proving conclusively that it is a very desirable possession, but at last winding up with a hint to the effect that the reader could obtain the wonderful secret direct from the author only.

I have learned of several who read the book and then paid the author fifteen dollars per lesson for six lessons, only to be still more fully convinced that the power of personal magnetism was a very desirable possession, but having learned no more about how to secure or use it than they were told in the book.

It is the purpose in this work to strip the matter of mystery and teach to all how to build up a strong magnetic force within themselves that will be a real help throughout the battle of life, enable them to help others and make the path of life less rough for the poor and unfortunate ones whose opportunity for the acquisition of knowledge has not been so good as it might have been.

It is unwise, however, to attempt to become magnetic with the hopes of winning others unless you are willing to comply with all the conditions; no good thing can be obtained without an effort and there are few things, indeed, that cannot be obtained if the proper effort is made. Whatever you want in this world, pay the price and take it.

Do you want money? Then pay the price and it is yours. Stop and think what is the price. Some there are who will read this page and laugh a careless, thoughtless laugh, and may remark that they would willingly pay the price if they had it. Stop, thoughtless readers, and see if you have not the price, but are

entirely unwilling to pay it. Hard work, self-denial, and persistence will accomplish that result. I know an ignorant negro, who, when a boy, decided to get rich. He believed that money would compensate for his color and when rich he could have the pleasures of the white man. He laid down this rule: Whatever he earned in a day, no matter whether it was ten cents or a dollar, seventy-five per cent. of it must be put in a savings bank. He worked hard, early and late; being always industrious he could obtain employment at all times. Sometimes he was forced to live upon the meanest and cheapest fare and go poorly clad, but he stuck to his resolution and when I last saw him he was said to be worth between fifty and one hundred thousand dollars. He was living in comfort, his children were well educated and the whole family had the confidence and respect of the community.

There is an old and true proverb to the effect that "You cannot eat your cake and have it, too." If you spend your money as you make it and enjoy the things which have been purchased therewith, then you must be content; don't grumble because you are not rich—you are enjoying your riches daily. It is true you have no assurance that you will have any food next week, or next month, or any clothes to wear, but, again the careless ones will answer, neither have we any assurance that we will be alive to need food and raiment.

If all humanity acted upon this plan, we would indeed suffer most miserably and soon sink as low as the lowest savage. Industry and economy are the first two steps on the road to success in the cultivation of magnetism. These first two steps must be thoroughly mastered and the full depth and breadth of meaning attached to the words assimilated.

Industry.—An idler cannot hope to become magnetic and win others. The laws of the universe are full of energy and activity; proof that they are properly directed by an all-powerful and supreme being is visible on every hand.

There is a certain amount of work for you to do in this world and if you wish to secure for yourself the wonderful good things that were created for you and which are yours on condition that you prove worthy, then you must do your share of the world's work. You can be what you will be. Every human being gets just what he earns or deserves. I know there are countless thousands who sit sadly bewailing their hard fate and complaining because this one or that one appears to prosper without effort, while

they can work from early until late, live poorly, and still remain in poverty. Why? Because such people really know not the first principles of industry and economy.

I have seen three such men, with as many dogs and a couple of guns, tramp all day through newly-fallen snow, and return triumphantly home at night with a couple of rabbits that might have been purchased in the market for what one of them could have earned in two hours. While they were thus wasting time, their more fortunate neighbor was getting the last of his corn under the shed.

Economy.—It is not necessary to be stingy in order to practice economy. Make everything count, and most important of all, make your time count. Some people use as much energy, or rather waste as much energy, in saving twenty-five cents as would be required to earn five dollars in legitimate business. Economy of time, actions, words is meant. I have seen enough energy wasted in idle drumming with the fingers or feet of nervous persons to supply many families with daily bread, if the energy had been properly expended. As a matter of fact, as will be learned later on, the loss of vitality and magnetic power thus wasted is the very element which is lacking in those individuals, and which properly controlled and directed would make a magnetic and successful person out of a disheartened failure.

One writer of great renown said many years ago that the vitality of the human body was destroyed or wasted in three ways:

First—By non-use.

Second—By mis-use.

Third—By over-use.

A later writer, who has been one of the few successful writers on the subject of magnetism, says in a brief, energetic way, that personal magnetism is wasted by non-use, mis-use, or over-use.

How to secure the proper use or the correct use of the vital forces and control the dynamic force, magnetism, in such a way as to enable the individual to become powerfully magnetic and thus win where before all was failure, is the task which those who desire may now set themselves.

One thing is certain: The person who once undertakes this work must never turn back. "He who puts his hand to the plow and turns back is not fit to be a plowman," and he who starts the course of practice for the accumulation of magnetism must never give up. As a matter of fact, few, if any, who honestly

and earnestly seek the object herein set forth will ever want to give up. There is a certain magnetic enthusiasm that will take hold of each individual student, even with the first reading, before the actual work of practice has fairly begun, that will give new power to the will, add determination and perseverance to the character, and so strongly start into activity the latent fires of magnetism that success is at once assured.

CHAPTER II

TESTING YOURSELF

In almost all business enterprises there are certain tests required by the successful men of everything and everybody around them. The successful farmer tests his land, his seed corn, his grain, even his cows, and the quantity and quality of milk they produce must be up to a certain standard, otherwise a loss, instead of a profit, must follow. Poor seed would mean a failure of crops, a waste of time, money and labor. Therefore, as all success must of necessity depend upon starting right, the student of the cultivation of dynamic magnetism must begin right.

Prepare a catechism for yourself; put yourself to the test.

Why have you not been more successful in the past?

Why not more fruitful in results, achievements?

Do people seem to be drawn to you as if by an irresistible force, or are they repelled even when you are trying your best to win them to you?

Do you have many true and loyal friends or are you entirely devoid of the warm feeling of loving friendship?

Do those of the opposite sex appear to seek or shun your society?

Do you seek or shun the society of the opposite sex?

Write your answers to these questions now, and again answer them after observing these instructions for a year.

The man or woman who is the fortunate possessor of a strongly magnetic personality must be honorable and true, for he or she possesses a power over those of the opposite sex that is often irresistible, and will, in some cases, unconsciously draw them into such a whirlpool of passionate love that they are entirely irresponsible,

and can only be brought to a realization of their proper good by the firmness and stability of character which must of necessity come to him or her who has developed the qualifications necessary to accumulate magnetism by the methods herein set forth.

You have no doubt known many persons, young men and young women, of great natural magnetism; although not especially handsome or beautiful they seem always to be the center of attraction. Not especially brilliant or well educated, yet at the same time they were liked and sought after by all classes and you have wondered why this is so. You have watched the later career of these people, for you belong to the class of people who see and think.

You, yourself, were among the number who liked that young man and wanted him to succeed in life—in fact, you, as well as others, would make it a point to aid him in many ways, but in spite of all you or his other friends and admirers could do and say, his efforts seemed to result in failure. Why is this so, and is the possession of great magnetism a detriment instead of a help in life?

Let me tell you, in all seriousness, dear student, that unless you, at the same time, cultivate firmness and stability of character, and a determined will, then do not seek to become magnetic. Instead, seek some field of labor where hard and consecutive toil will enable the tired physical muscles to so draw from the activity of the brain that you will not greatly miss the finer things of life, but be content with the results of your toil. Your condition would thus be better than that of the possessor of great powers of personal magnetism with no will power or knowledge of a proper application of it.

This work will teach you many things besides the cultivation of magnetism, if you will but do as I tell you. Do not, under any circumstances, allow yourself, either through curiosity or indolence, to deviate from the rules and manners of study or practice. I am convinced that if you are in earnest in your desire to become successful and win, where before all has been failure, you will follow instructions to the letter.

There is something about this work which irresistibly draws you to it, ever leading you onward and upward and inspiring you to a determination which will grow stronger and stronger as you proceed. You will become not only magnetic, but you will at the same time so train your will power that you will not only be

master of those with whom you come in contact, but master of yourself. That the power which you, from week to week and month to month, accumulate, will ever be under the control of an active, magnetic will, with such firmness and stability of character that no temptation can come with sufficient power to cause you to use this wonderful gift in a manner that would injure your fellow men.

One of the first tests of your character will be your treatment of these instructions. If you are merely idly curious, you will read them through, perhaps with some degree of interest, indeed you may go even farther, and in a perfunctory, half-hearted way, attempt the performance of some of the exercises or modes of practice, and then you will lay them aside.

Now comes my opportunity to prove the powers of dynamic magnetism, and I shall prove it to you beyond the possibility of a doubt. Perhaps I have never seen or heard of you, and I may never in this world meet you face to face; nevertheless I shall from this time forth exercise over you a power that will lead you ever onward and upward and the magnetic influence will be carried on through you to your posterity and even they shall be stronger and better because you have studied and practiced my instructions, for you will be irresistibly drawn toward the fulfillment of your highest ambition on account of it. You may, for a time, lay it aside, but you will take it up again and again—each time with renewed and greater interest, until finally your life will begin to broaden and expand and you will find that these lessons have almost unconsciously entered into your life and you are daily making use of the wonderful advantages to be gained by the possession of dynamic magnetism.

If, on the contrary, you are deeply interested and have already made up your mind to secure all of the advantages to be gained from it, you will begin systematically to study each chapter, putting into practice the instructions of each as they direct. Not in a day, nor a week, nor month, but gradually and almost imperceptibly your friends begin to realize the change that is surely coming over you, and then slowly but surely you begin to realize it yourself, and the self-consciousness of new forces, new powers, and possibilities within you begin to manifest themselves and successes attend you. Those things which before were most difficult are now accomplished with ease, and in time you realize to the fullest extent the height of your ambition.

That you may begin and successfully finish this great, new work is my earnest wish.

CHAPTER III

THE MAGNETIC WILL

Much has been said in the previous chapters about the will. Have you ever stopped to analyze what is meant by the will? What is it? Without further reading, try to define it and its powers. Where does it originate, and of what is it a part?

If we study the world's literature upon the subject we find many theories, some very plausible and some absolutely ridiculous. As a matter of fact, it is one of the great attributes of the soul of a human being; that power with which his Creator has endowed him, and which links him to the infinite because of a common possession. No other created thing is endowed with a will. It is the greatest of all the nine great attributes of the soul, and gives to mankind a power that is God-like. When we contemplate the power and majesty of the human will and consider all of its wonderful possibilities and then realize that we are about to undertake the greater development of that power, we almost involuntarily pause as we more fully realize the great weight of responsibility that must rest upon us in the future because of that very power and ability.

Consider the matter. Should you develop a strongly magnetic will, with its development will naturally come the power to accomplish many things for the good of your fellows; and if you do it not, are you not hiding your talents and will you not be called upon to render an accounting?

I have spoken of the nine great attributes of the human soul. I will tell you more of these later—for the present we must learn more of the will itself.

It has been defined, and rightly, I think, as "That faculty which intentionally causes and controls the performances of all our voluntary actions, mental and physical." It is the great gift of independence with which God has endowed a human being that he may choose to do that which he decides for himself is most pleasing to his consciousness, and which makes him respon-

sible for the results of such choosing. In fact, it is the one great God-like faculty, because none but God and men possess it.

You may now, if you firmly decide of your own free will and accord, choose to lay aside this book, throw away the opportunity to develop and increase the best that is in you, and no power on earth or in heaven can force you to further develop yourself against your will. You can thus escape the increased responsibilities which come to every well developed soul. You may go a step farther and degrade yourself, refusing to perform the common duties of life until you finally become practically a nonentity in the human family. Your field of usefulness narrows, and instead of a power and force such as you might have become for the good of humanity, you are found to be a clog and detriment to the rest of mankind and must either be locked up in a prison or a pauper house—all this by the free and independent will.

It has been bestowed upon man for the purpose of enabling him to develop and become a higher creature. Therefore, if a man choose to retrograde instead of progress, his will power grows less and less as he descends in the scale of humanity, until finally he becomes a creature of such weak will that reason and judgment desert him, and the sense of taste and passionate desires are about all that is left of him and he sinks to the level of, or below, the beasts. I say below their level, because the beasts are incapable of sinking as low as will a depraved human being with a demoralized or perverted will.

Without the will man would be incapable of development or progress. If we act only according to our emotions, tastes or desires, using our will for the purpose of enabling us to gratify our senses, contrary to the reason and judgment, then do we as a rule make grave mistakes. But when the active will is used in connection with reason and judgment, it is more likely to be right.

Many people have a very mistaken idea of what constitutes will power, and instead, exhibit a mulish stubbornness which they proudly call will. The lessons which will be found, in this book, as they are studied and practiced, will convince you that mere stubbornness is not will in the highest and truest sense of the word.

Now for a few facts about the building up of the will. Anything which strengthens the nerves of the body aids in strength-

ening the will. A weak, nerveless, sickly person, and especially one whose nerves have been perverted and partially destroyed by the baneful influence of narcotic drugs, has very little will power left with which to battle against the insidious foe. Daily he makes strong resolutions never again to touch the destroying thing, and daily his resolutions are broken, and each time the will grows weaker and weaker until at last it ceases to struggle against the destroyer. If, on the other hand, the nerves are not completely subdued and there is sufficient magnetic force or vitality left that the will can overcome only once, it grows rapidly stronger and the second battle is more easily won, and if now the fight be carried manfully on, victory is certain, but to yield once may mean ruin.

The will, then, being so greatly influenced by the condition of the nerves, and as strong, healthy nerves properly controlled are sure to produce a strong, healthy body, let us look to the nerves.

CHAPTER IV

THE MAGNETIC NERVES

We live in our nerves. Destroy all the nerves of the body and death would follow instantly. Without the action of the nerves, the heart cannot beat, the lungs breathe, nor the eyes see; the ears cannot hear, the tongue taste, nor can the sense of smell be exercised unless the nerves of the nasal chambers are in good health and their action uninterrupted. Without the action of the sensory nerves you could not suffer pain nor feel pleasure, neither could the brain act if the nerves leading to or from it were destroyed or cut off. Let these be interfered with ever so slightly and disaster immediately follows. Are they pressed upon or inflamed through fever, at once the action of the five senses is interfered with. Strange and unaccountable noises are heard while many things appear to the distorted vision which have no reality in life. A slight injury to the bony covering of the brain may cause pressure upon some particular nerve. Instantly the injured person is found to have forgotten all of the previous incidents of his life, or is thereby rendered insane and incapable

of caring for himself or others, all because the action of the nerve is of the will.

If, then, the nerves are of such vital importance to any being, is it not wise that we should know something of them and how they may not only be built up and made strong, but may also be absolutely subject to the control of the will?

Many people are possessed of wonderfully strong nerves over which they have little or no control. They are thin, nervous and weak. The nerves are strong and active and so tyrannize over the weak muscles that there is a constant physical and mental activity. All sorts of ridiculous and erratic actions are manifested. The fingers keep twitching or drumming, the eyes winking, the feet moving restlessly up and down, in and out, while the whole body is more or less active. Many times even in sleep this erratic activity is so forcibly manifested that the sufferer will suddenly spring almost out of bed or the entire body will suddenly jerk and twitch so profoundly as to awaken the sleeper. Work done by such people is by nerve force, not muscular.

All of this must be overcome if health and strength and power are desired.

I might follow the plan of other writers and fill up many pages of valuable space by going into a detailed and technical description of the nerves and their position and duties throughout the body, but all these things can and will be learned by the diligent student from the Home Health Club books, or from any standard work on anatomy or physiology, or from the many special works upon the subject of the nerves. Here I will only say that the nerves are to be found in all parts of the body, such an intricate network of them that it is impossible to illustrate them in detail in a work of this kind.

They may well be likened to the telegraph wires which lead to and from a great city. In living beings the head is the center of this vast electrical system. Keep the wires in perfect condition and the various messages sent to and fro will be correct, none will be sent unnecessarily nor need repetition. Not only the original cost of sending the messages, but the tremendous cost of errors will be known and appreciated by those who realize the importance of perfection in the nerves of the body.

I do not believe it is necessary or profitable to spend further time in seeking to impress upon you the importance of healthy nerves controlled by the active will. If you do not now realize

that there is room for improvement in yourself, if it were not for the fact that you knew beforehand the importance, practical value and far-reaching effects of such a course of study, you would not be reading and studying these instructions.

I have before me a book of 160 pages—over 150 of those pages are given over to a description of the great benefits to be derived from its study; the remaining ten pages have some fairly good instructions, but they are the same as may be found in thousands of other books of far less pretensions. I seek to avoid such a condition and give you the practical work, which, if followed persistently, will bring about the desired change.

Through the will, man was meant to, and may, become master of all things, even himself. The will power is strengthened and developed, as well as the general health, by the methods given in these lessons.

Set yourself a task, such as that of completing this course of training, and then force yourself to carry out each requirement and the will power will many times be tried almost to the limit. Every victory gained over circumstances, and the task accomplished, will go far in strengthening the will.

Practice of the rules and exercises which are to follow will strengthen and develop the nerves, strengthen and develop the will and make the nerves subject to the will. A combination such as this produces health both of mind and body, and develops with the diligent student that rare faculty instantly recognized as personal magnetism.

Resume: 1. A perfectly developed human being is capable of anything.

2. The muscles are the servants of the nerves; whether good or bad servants depends largely upon their master.

3. The nerves are the servants of the will; whether good or bad servants depends upon the power and activity of the will.

4. A concentration of the united forces of the will, nerves and muscles, working harmoniously, becomes invincible.

5. Under great excitement Nature sometimes unites these forces in people of very ordinary caliber, and at such times there are accomplished deeds that make the whole world wonder at the power of a man.

6. Man can so develop and unite these forces as to have them always under control and in active use either mentally or physically.

CHAPTER V

HIDDEN MAGNETIC POWER

Those of you who have studied the works handed down from ages long past, of the ancient philosophers, alchemists, or teachers of occult forces, are aware of the fact that the secrets were always veiled or hidden. They were not plainly told to every reader in plain, matter of fact language. Why? Because knowledge that is common is not prized.

If all possess the power of dynamic magnetism no advantage could come to an individual therefrom that would not come to all.

Possessions that are attained without effort are seldom appreciated.

Knowledge that is obtained by thorough and careful research is doubly prized and seldom, if ever, forgotten.

Some of the basic principles and fundamental truths underlying the methods of accumulating and using dynamic magnetism are covered or hidden in these lessons. All may be revealed to the diligent and astute student who is naturally inclined or wills to search out hidden meanings and reasons.

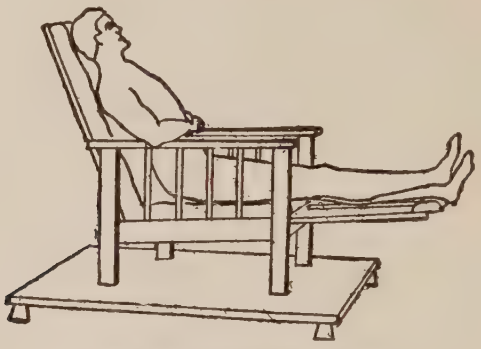
After carefully and thoroughly studying and practicing the lessons herein taught, each student may, and should, explain in writing all of the discoveries he has, or believes he has, made and submit them to me for examination. If it is found that sufficient progress has been made to justify it, a key may be obtained which will unlock the doors and remove all limitations.

To supply that key with the present instructions would reduce its value to you. Master these lessons, and although you will discover the key you are then ready for the why and wherefore.

This work is complete, and its teachings will, if obeyed, establish all the conditions claimed. The key is not necessary to the accumulation and use of dynamic magnetism, but there are many who always want to know and be able to teach to others all there is to be known regarding the things in which they are interested.

The principal features of dynamic magnetism are found in, and are exercised through, the voice, eye and touch. Even though the speaker be not seen, the magnetic voice soothes, charms, fascinates. When the power of a magnetic voice is reinforced by an eye that is full of magnetic fire, victories are easily

won, and the defeated party remains a willing victim. Add to these two potent factors the magnetic touch and you have an all-powerful, invincible force, capable of inestimable good, with the power to heal diseases of both body and mind.



Insulated, Storing Magnetism.

In order to control others you must first be able to control yourself.

When you are master of yourself, perfect confidence will attend every move you make, and success will attend you.

Confidence in yourself will inspire confidence in others.

Enthusiastic fancies not founded upon good judgment, and backed by will power, will come to naught.

Enthusiasm that is confirmed by good judgment and pushed forward by dynamic magnetism is the glow of the soul—the lever which lifts a man above his fellows and gives him a power that is almost Godlike in its potency.

To test your capacity and will power, to prove whether enthusiasm is of the fanciful or dynamic kind, procure a number of pages of strong, thin writing paper, and paste them neatly between the pages of the following chapter. Each day make a memorandum thereon of the time spent in practicing the exercises, and when you have missed more than one day in seven make a note of it with a black mark, as a reminder of your failure.

CHAPTER VI

THE FIRST MAGNETIC LESSON

It is well to bear in mind that the primary object of this training is not to make muscles grow strong and hard, but to cultivate and develop the three principal features of magnetism, and in order to do this the nerves must first be made subject to the will. As their training progresses it will be found that they cease to tyrannize over their servants, the muscles, and that the latter are becoming strong and flexible.

As I have before stated, the muscles are the servants of the nerves; the nerves are the servants of the will.

As all work must be laid out, planned and directed by the Supreme Master, these lessons must begin with the exercise of the will, and it must direct the nerves what to do, they in turn acting upon the muscles, carrying out the directions of the will. So then, let the first lesson be an illustration of the power of the will over its subordinates.

Procure a common saucer and fill it two-thirds full of water. Also procure a small feather, the smaller the better—no matter if it be not more than one inch long. Pick up the saucer of water with one hand, holding it on a level with the breast and about a foot from the body—hold it still—watch the water and see how closely the nerves and muscles are to obedience. Does the water tremble? Then it is not still. Now with the other hand pick up the feather, which has been in a convenient place, and lay it gently on the water in the center of the saucer. Does the water still tremble? Hold the saucer still.

Ah! you will find that your will is not the absolute master of the nerves and muscles, for there is a continuous trembling, so much so that if the little feather was twice as large there would be shown a decidedly tremulous motion around the edges of the water.

Now for another test. Procure a half sheet of common writing paper, take hold of one corner of it with the thumb and index finger, hold the edge of it up so that you can sight along it to some tiny object, and hold it still.

The upper corner diagonally across the paper from the one you have hold of refuses to obey and shows great agitation. Why do you not hold it still?

The nerves are found to be active and ready to obey your command by setting their servants to do your bidding. In response to the order the muscles at once took the paper and held it up in such a position that if it were a pistol you could readily sight it at any object within range. Now, why do they not yield implicit obedience and hold it still?

Because there is a lack of co-ordination between the muscles, nerves and will. Perhaps the muscles are strong and the nerves weak, but more likely the nerves are strong and the muscles weak. Moreover, the will has never before directed that such fine work must be done, and the lack of training is readily seen.

Make a memoranda of the results of these first two tests of your powers and refer to that memoranda after three months' practice and learn by comparison how great a change may be made by careful training.

In following out these instructions very little apparatus is necessary, and that of the simplest kind, and of such a nature that expense is unnecessary. Such material as may be readily found around any household can be utilized.

Make a platform of boards about two feet wide by three and a half or four feet long. These can be fastened together as if it was to be used as a door.

Place a heavy glass tumbler or glass telegraph insulator on the floor under each corner of your platform. These four glasses answer the purpose of legs for the support of the platform, and at the same time cause it to be insulated, so that when you stand or sit thereon you are, so to speak, insulated, and the electricity or magnetism of your body that is being constantly generated by the vital forces within you is held in check, and as long as you breathe and your blood flows you will for some time accumulate and store up magnetism.

You find, however, when you attempt to sit still, that you are restless and nervous. You feel like flying to pieces, and as if you could not possibly remain upon the platform for another moment. What is to be done? There is mutiny. The will says "be still;" the muscles and nerves answer, "we would like to but we cannot."

Let us make one more trial. Place the platform in position so that the length of it will be from east to west; make your seat as comfortable as possible, and if the chair be high, place a foot-rest for the feet; lay back easily, resting the head, extend the feet so the blood will flow easily and uninterruptedly through the

veins; cross the right foot over the left, and likewise cross the right hand over the left upon the abdomen, just over the solar plexus. Your chair sits facing the east. Now relax, let go of every muscle and let them rest. This you may also find difficult to perform, especially if you are one of the so-called high-strung, nervous people, but you must learn to "let go." Relax even the jaws—rest.

What a delicious sense of repose comes as soon as all the muscles are relaxed! Now, if the eyes are also taught to relax and rest the amount of magnetism that will rapidly be accumulated is astonishing.

In order to relax and rest the eyes select some dull colored object upon the wall, or elsewhere, directly in front of and about level with the face. Look steadily at this object for several moments, and then, while still holding the eyes in that position try, as nearly as possible, to see nothing. Make the mind as well as the sight as nearly a blank as possible. Many people frequently perform this exercise unconsciously, and it is sometimes called "a brown study."

Looking at a person whose brain and eyes are thus unconsciously resting would at first sight incline one to the belief that deep thought or study was holding the attention, but a question upon the point will almost invariably bring out the startled statement: "I was thinking of nothing, looking at nothing."

In conducting this exercise while upon the insulated platform this condition of rest for both mind and body will last only a few seconds, at first, and then begins the building-up process.

Magnetism is being stored for future use, peacefully the body rests. The breathing should be deep and regular, and the chances are that you will feel a decided inclination to sleep.

If it is necessary that you sleep a few moments in order to remain quiet, then sleep. Do not yet warn the muscles—keep them quiet for at least twenty minutes at the first trial, and when you at last instruct the nerves to warn them, you will be delighted with the sense of newness and freshness throughout the whole system.

In the next chapter I will tell you more about the power to be gained by the skilful and persistent use of the insulated platform and concentration.

CHAPTER VII

MAGNETIC CONCENTRATION

In the preceding chapter on the subject of magnetism, I have taught you many things that will be of value to you throughout your whole life and as I, in effect, stated in one of the earlier chapters, the great value of this course of lessons lies in the fact that each student or even the casual reader will be influenced for good even though he makes no attempt to cultivate magnetism by the methods I give. My brain, my nerves, my arm and even the pen with which I write are all charged with dynamic magnetism. After half an hour's work, I pick up a sheet of paper upon which I am writing; I can lay it upon my palm and turn my hand upside down, but the paper will no more fall than would a small piece of steel fall from a strong magnet.

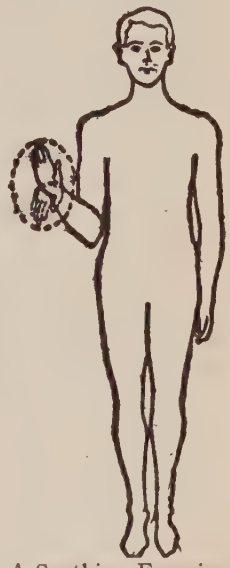
A Negative Exercise; Gaining Control.

By rubbing it between the palms of my two hands it will then cling to me more closely. Let another person but take hold of it for an instant and at once the magnetism is gone. The paper falls to the floor. Why does it cling to my hands and fall from theirs? Let the other person now sit upon the insulated platform and concentrate the mind and will upon the subject of which I am writing, slowly and intensely study and meditate while holding the sheets and reading what I have written, soon there will be manifest a degree of the magnetism with which the words themselves are charged, and if the conditions are right the paper will cling to that person's hands, but not so closely nor so persistently as to mine.

It would be unreasonable to suppose that anyone who was not naturally magnetic could accumulate in a few moments what usually requires weeks and months of careful study and practice to secure. In the experiment, however, another lesson is learned, concentration.

You wish to become magnetic, to make your personality felt. You want your friends to love you; to feel that they have a real and abiding interest in your welfare. In fact, you want to be so magnetic that you will be able to help others—to influence them—to gain power, position, wealth, health and happiness. Do you think you can gain all of these things if you scatter your forces?

When you are studying or practicing any of these lessons on magnetism, you must concentrate every atom of energy, power and thought upon these alone. Do not let your mind wander to other subjects, but think and do this one thing. Be an enthusiast, but don't imagine that it is necessary to set your jaws firmly together and wrinkle your eyebrows and forehead into a scowl in order to show that you are determined. You will never become magnetic by high-handed methods or brute force.



A Soothing Exercise which Relieves Nervousness.

Magnetism gives its possessors a mental and moral power which enables the earnest student to win in the battle of life by force of character and power of compelling the will of others to submit to yours. As the Jiu Jitsu of the Japanese is called the gentle art of self-defense, so magnetism gives its possessors a power that is invincible and may be used for defense or aggressively when so used legitimately.

Now let us return to the platform exercise, described in the sixth chapter. We found that by sitting in a certain position while upon the insulated platform, magnetism was stored rapidly for future use. If, however, there is not interest in the work, no concentration of the will upon the desire to accumulate magnetism, the result of this practice upon the platform will be simply to give stronger nerves and better health for the body. If, however, there is concentration of the mental forces and will-power not only will the nerves grow strong and the health improve, but dynamic magnetism will accumulate and be ready for use when called into action at some future time. There are many people with whom one comes in contact almost constantly who cannot concentrate their mind or ambition upon one object for even a

few moments at a time. Much less can they concentrate so earnestly as to make a single subject permanent.

Do not scatter your power. Let this be your motto: "This One Thing I Do," and while at any task, be it great or small, do that one thing with your whole mind and soul. The result will be success.

It is said of the great Edison that when engaged in study or experiment upon some invention, that he forgets time, forgets bodily fatigue, forgets that food is waiting for him or that an inviting bed is waiting to receive and rest his body. Every atom of his being is concentrated upon the accomplishment of his one great aim. The result is success and Edison is known as the greatest inventor of his time.

When the great Napoleon was conducting a campaign, whether great or small, every particle of energy that he possessed was concentrated in the mighty effort to win. Food, rest, and sleep were minor considerations. It is said that he sometimes remained twenty-four hours, yes, thirty-six hours, in the saddle, then slept for one hour and again took up his work with as much vigor as in the start.

I have personally worked five days and four nights with less than three hours sleep, which was taken in a buggy while being driven from place to place by my driver. A genuine enthusiasm for my work, a keen desire to help others and my vigorous health prevented me from experiencing any ill effects.

Let me give you an idea of concentration of effort, an illustration which you will instantly recognize. A young man is introduced to a young lady. He at once recognizes in her the qualities which he most earnestly desires in a wife and he at once sets out to win her.

Does he allow trivial objects to distract him? He may, and probably does, continue his daily occupation, but his mind and ambition are fixed and determined. Every opportunity for creating a favorable impression is seized and the result is success.

CHAPTER VIII

MAGNETIC SELF-CONTROL

A young man of great wealth was in a rocking chair, rocking vigorously. He was tall, slender and rather handsome; every movement he made was quick and often erratic. At the present time he was drumming a rapid tattoo upon the arms of the chair while his heels and toes kept up a regular accompaniment upon the floor.

Turning a Bad Habit into Good and Stopping the Waste of Nerve Force.

"I wish I could control people like you can, John," he was saying to a quiet young man sitting near him, "but somehow I can never hold anyone's attention for over five minutes. I have many times tried to address a crowd and in a very short time their attention is upon something else, while you are so different. As soon as you begin to speak everyone else will stop and listen. They seem to devour every word you say and are hungry for more.

"Now, why is it? We passed through the same schools, were brought up in the same manner and have much the same training in every way. The only difference is that I happened to inherit a great deal of money, while you have but little aside from that which you earn. Why is it?"

The question has been asked by thousands. I will answer it.

The young man could not control himself. You cannot control others unless you first control yourself. When you control yourself, you accumulate magnetism and can easily control an individual or an audience.

A number of years ago when teaching a private class of pupils in the art of accumulating and using personal magnetism, I employed an assistant for the purpose of testing myself. During

one of my lessons I secured and held the attention of the entire class so closely that I talked for forty-five minutes while all sat perfectly still. My assistant then asked several to guess how long I had been speaking. Some said five minutes, others eight. Two said ten, while one very able lawyer said it was fully fifteen minutes. Not one was tired and could hardly believe the clock was right.

You can do better than that. It is simply a question of intelligently following all of the directions you receive in these lessons.

Take one lesson from the young man who could not control himself. We find by simple observation that he is constantly wasting his vital force in erratic muscular movements, which are not consciously made and therefore not under the control or direction of the will. Misuse then is the manner in which he is wasting his vital force, which if controlled and stored for a direct purpose would make him strongly magnetic.

Now, if that young man was compelled to sit absolutely still without some powerful force to compel him to concentrate all of his powers upon one object, he would be in agony and would feel, as many express it, as if he would "fly to pieces." So let me tell you, my dear students, how to stop the leakage of vital force, power or magnetism that may have caused your failure and at the same time teach you how to turn the bad and wasteful habit into a good one.

Do you have a habit of drumming with your fingers and keeping time also, perhaps, with your feet? Stop it.

Stop it instantly, and whenever you find the bad habit is unconsciously asserting itself, perform slowly and carefully the following exercise:

First, take a toothpick, a match or any small piece of wood and draw an imaginary circle in the palm of your left hand. Make the circle about three inches in diameter.

Second, hold the left hand at any easy distance from the body with the palm toward you.

Third, let the right arm swing free from the body at the elbow so that it will have no support.

Fourth, with the index finger of the right hand held about one-half inch from the palm of the left, slowly and carefully follow the imaginary circle. Hold both hands still and move only the index finger of the right hand.

At first you will find it almost impossible to make the point

of the finger follow the circle in a steady, slow movement. There will be jerks and stops, then a straight line, then a crooked line, but you must persevere until not only the index finger can make a complete circle without the least trembling or halting, but all of the fingers of both hands are so completely under the control of your will that they also can do the same thing. The practice of this exercise is very soothing and quieting to the nerves and at once stops the outflow of magnetism from the fingers.

After practicing with the first finger of the right hand for one minute then practice with the second finger. Then with each finger of both hands in the same manner.

Some very nervous students will become quiet and sleepy during this practice and may be able at times to put themselves to sleep at night by a little quiet practice.

This exercise turns the bad habit of drumming with the fingers, which wastes the magnetism, into a good habit which conserves the magnetism.

Now for the feet. Keep them still, let them remain in an easy position on the floor and don't fidget.

If they get so restless that they just must move and want to pat the floor in rapid little pattings, just turn that bad habit into a good one by making, first, the toe of the right foot describe a circle of about six inches, holding the leg still. You can perform this exercise either sitting or standing, the latter method is best. Second, repeat with the left foot.

I have now given you several exercises which may properly be called negative exercises to enable you to control your muscles.

In the next lesson I will give you a series of positive exercises to enable you to more easily direct this control and increase the energy of the nerves and muscles.

CHAPTER IX

MAGNETIC VITAL ENERGY

In the last lesson I have shown you why it is that some people are failures, why they cannot control others, although they may have every advantage of education, refinement and wealth.

The physical control is, however, only one of the factors in the cultivation of personal or dynamic magnetism. In good time, and after we secure complete physical control, I will then take up the psychic control, teaching you the deeper arts and the subtle, indefinable power which goes to make up the qualities that are recognized as belonging to the magnetic individual.

First you must master the physical. I have shown how the first young man wasted his forces in two ways. Only one of those ways will be apparent to you, however, unless you are much more profound and skillful in close observation than are 999 out of

Stimulating the Solar Plexus.

1,000 of the average human beings. Before these lessons are finished those of you who are deeply in earnest will not only be able to point out the two reasons but can readily recognize the reasons for your own failures in the past and also for your success in the future, which is just as certain as the failures of the past.

Let us consider the second young man for a moment. He could control individuals and audiences and he could likewise control himself. He readily understood the cause of his friend's failure, but he knew that if he pointed it out there would be no advantage taken of the knowledge by the first young man, who would ascribe all of the erratic actions to his great energy and to nervousness. John, therefore, only smiles a quiet, sympathetic and indulgent smile which Henry, as we will call the first speaker, can interpret as sympathy, or as having any one of several mean-

ings. John sits quietly; there are no erratic movements, no impulsive words even. During all of their acquaintance Henry had never known him to make a complaint about things that could not be helped. He was always cheerful and good-natured, always helpful and thoughtful toward others, thorough in his work, truthful and honest in all things. Temperate and regular in his habits, but never tried to force these characteristics upon others or parade his virtues. Above all, he kept his own counsel.

He was an enthusiastic athlete, taking many peculiar exercises for development for which others sometimes asked him the reason, always to be met with the same sympathetic smile and look that he gave to Henry in reply to his question. He was full of vital energy and knew how to control and use it.

I will now show you how to increase your vital energy. It is safe to do so now because you know, in part at least, how to use it in the control of others.

You are already aware of the fact that in whatever direction you direct your attention and enthusiasm there you send the greatest and best of your life forces. Now let us use this knowledge in a simple and practical manner.

By directing your attention to any portion of your body you send your force to that portion and cause increased vital action.

In order to secure perfect physical development and control, therefore, the first requisite is to direct and hold the attention upon that specific portion of the body which may be weak or which you desire to develop. Each student must apply this principle to the especial needs of his body.

For general development and for the purpose of vitalizing all portions of the body, practice at least once daily all of the following:

Lie flat upon your back on an insulated platform or table. (If insulation is not easily secured the floor or bed will do.) Take several long, deep breaths and then direct the attention to the toes, make them tense or rigid, the same as you would your fist if intending to strike a hard blow.

In turn, now direct the attention in rapid succession to the feet, the ankles, calves of legs, knees, thighs and hips, making and holding each portion tense as the attention is directed to it. Continue the upward process, including the abdomen, chest, lower and upper part of the back, shoulders and neck. Still holding the tension, raise the arms to full length above the head and continue upward with the attention, tensing each portion of the arms, hands and

fingers until the entire body is stretched to its fullest extent and is perfectly rigid; all of this exercise, up to the present point, will not require more than one-half minute.

Continuing to hold the tension of the muscles again direct the attention to the toes and relax them. Proceed as before, relaxing each muscle in order until the entire body lies fully extended and limp as a rag.

Repeat the entire process three times and then reverse the process by beginning the tensing at the finger tips and passing downward. Repeat the entire reverse process three times.

You will now experience a desire to breathe deeply several times, which should be done. Then lie perfectly still, perfectly relaxed, and in perfect comfort, for five minutes, all the while taking steady and full respirations.

You will at once notice a very powerful effect from this exercise. It aids in equalizing the circulation as well as to train the mind and body to obey the will and gain control over the muscles. I want each student to practice the foregoing exercise for at least seven minutes every day until mastered. Then you will be in fine condition to go more deeply into the control of the magnetism which you are beginning to generate.

CHAPTER X

MENTAL CONTROL AND HEALTH.

Did you ever try to think about something of which you have not previously had the slightest description and of which only a hint has been given? If so, you found that your mind was a perfect blank upon that subject and you knew no more about it than an idiot would know; in fact, not, perhaps, as much as the original idiot, because in its origin, the word idiot was used to distinguish a private citizen from a lawyer or professional man, and conveyed the idea that the mind of a private citizen was a blank upon the subject of the law or learned profession.

When an entirely new subject, such as dynamic magnetism is to many of you, is taken up for study and practice, there is found to be all ready and anxiously waiting, a blank record, to use a phonograph term, upon which the lessons are impressed. If the record

is used, the lessons studied, pondered upon, practiced and used, the result will be a more profound impression and final perfection. But if the record is laid by and given no more attention, the impression will grow dim and almost useless.

I want each student to attain perfection in this great and glorious art. You can if you will.

You may not at first fully understand the why and the wherefore of all of the various exercises and instructions, but in time you will fully appreciate the importance of each and every thing which I tell you to do. Although if you should neglect some portions of the work here there will be a break in the record that will be hard to repair. Slight nothing, practice every detail faithfully and in the final examination a perfect record will render perfect harmony.

Proceeding with the training from the point at which we left off in the last chapter, the position is that of the body extended full length upon the back with the arms stretched horizontally above the head, the muscles relaxed.

Remaining in this restful position let us again use the power of the will and direct the thought, with a quiet and restful force, to the toes, and thence upward. Slowly, and with the idea of perfect health, restfulness and relaxation, direct the thought force to each portion, using no muscular force, but simply directing the attention to each portion of the body, as in previous lesson. Feet, ankles, legs, each portion, hips, abdomen, back, etc., etc., centering the attention for a little longer period than elsewhere upon the solar plexus, or great abdominal brain; then continue upward, always keeping a mental picture of perfect health in the mind for each portion of the body; when the tips of the fingers have been reached, reverse the process and slowly and restfully pass the thought force again over each portion of the body from the fingers downward to the toes.

A two-fold object is accomplished by this simple but valuable mental exercise when performed faithfully at least once each day, after the exercise just preceding it.

First, a correct mental attitude in regard to perfect health in every portion of your body, because it is a fact that "as a man thinketh in his heart, so is he," and if you continuously and persistently hold the idea of perfect health while practicing these exercises it is bound to become a reality.

Second, your will is enabled by this process to rapidly gain

control of the mental faculties and forever after properly control and direct the mental activities. You are able to concentrate your thoughts upon the one great aim of your life instead of expending your energies in useless and trivial worryings.

The next exercise naturally follows those which have just been given, and is not to be practiced until all of the foregoing have been mastered. It requires from 12 to 15 minutes' time to secure the greatest and best results, but you will find that the time spent in this way has been the most profitable investment you have ever made.

For the best results from this exercise, an insulated bed, table or platform, two feet wide by six feet long, is best.

Lie upon the back with hands at the sides and at perfect ease. Inflate the lungs fully with a long, deep breath, raising the chest as high as possible.

Hold the chest in that position and exhale by drawing in the muscles of the abdomen. From this point continue to inhale and exhale as rapidly as you can, taking as full breaths as possible, using the muscles of the abdomen only, keeping the chest raised all the time. Continue this rapid breathing for twelve or fifteen minutes.

If you have not been in the habit of breathing deeply and taking plenty of fresh air, this will cause dizziness in a few moments. Have no fears, however; you cannot fall down and you will not faint.

As the dizziness passes away you will note a decided tingling sensation in the fingers and feet, possibly through the entire body.

That is magnetism, and you are getting it fresh and pure right from nature's storehouse, air and sunshine, for, of course, you must have plenty of fresh air in the room in which any of these exercises are carried on. To do otherwise would be rank folly.

The most astonishing results will follow this exercise, and I want each student to write me a full description of his experiences with it, because from the date of your first experiment with it you will have passed one of the important milestones in your upward journey.

Practice all of the exercises of this lesson for one month before beginning others—you will always continue them.

CHAPTER XI

WINNING SUCCESS

When success is desired in any vocation of life or in any undertaking, it is necessary to lay the foundation for success in the right way. Many failures can be easily accounted for in a very simple manner, which is this:

The unsuccessful man was looking for success and wasting his efforts seeking results. All of the efforts, all of the energies, all of the concentrated power of the mind must be directed to the cause, the foundation; the resulting success will follow just as naturally and just as surely as the night follows the day.

Of course it is natural and necessary that the success be looked for and expected with supreme confidence, but one must not spend time and energy looking for the results. Instead keep steadily at work in the cause and the results will take care of themselves. If you really desire to become magnetic do the work which I have set for you to do. Keep at it, be an enthusiast.

I well remember the case of a splendid young man with whom I became acquainted some fifteen years ago. When a youth he had begun work in a furniture store at four dollars per week. After ten years of persistent effort his position was next to the manager and his salary one thousand dollars per year, which was by many considered ample. I knew that he was capable of earning more and doing a larger work. I also knew what he did not, that his employers had been speculating and were quite likely to fail and I urged him to seek for work to which I believed him better adapted. He was at first offended that I should recommend him to give up a position which had required years to secure. So I invited him to come to me for an hour each day and I would teach him dynamic magnetism. This he would gladly do, but his time was so fully occupied that he could not. I meant to succeed, however, and told him to get up one hour before the usual time each morning and I would do the same. We met at my office and both enjoyed the work. I knew that as his possibilities and powers developed he would recognize the opportunities that must present themselves daily to the man or woman who is ready.

In less than three months he occupied another position and a few days later his old employers made an assignment. Within

two years the young man was general manager of the state for a large financial corporation and was earning five thousand dollars per annum. Had it not been for dynamic magnetism he would, in all probability, have secured another clerkship in a rival furniture store at a much smaller salary.

Get ready for great success by doing thoroughly and conscientiously the small duties of each day. Be a success in the small thing of today and you will be ready for the success of greater things tomorrow.

Whenever you undertake any sort of legitimate and worthy enterprise, do not allow small obstacles nor even great obstacles to cause you to weakly give up. I once told one of my students that a certain line of work was well suited to his abilities and that if he would go at it in earnest and allow nothing to interfere he would succeed.

He had laid a good foundation for success, and although others laughed at him for undertaking what they thought a foolish venture he went at it with a determination which was bound to win. He worked steadily for two years and spent not only all of his own money but was in debt over one thousand dollars before the tide began to turn. Of course, his wise (?) friends kept on advising him to quit, but his knowledge of dynamic magnetism, human nature and his own power was now an asset which he readily understood and was capable of estimating at its real value—and he kept steadily on. I happen to know that he is now receiving a profit of from four to five hundred dollars per month from his labors and is building up a business that will make him very wealthy. Not only that, but his opportunity for doing good is steadily increasing and he never lets it go by. His life is and will continue to be a grand success.

The accumulation of great wealth is not the most laudable ambition and I trust that those who acquire dynamic magnetism may not use it for that purpose only.

CHAPTER XII

MAGNETIC POPULARITY

There is a desire, more or less pronounced, upon the part of everyone to be popular, to be liked by others—yes, even to be loved. This desire is laudable and should be cultivated, especially in the young. It leads people to be more considerate of others, less selfish, more courteous and creates a desire to help others, as the pleasure of helping others is found by experience to be of a most delightful nature. Goodness follows naturally. Now, there are people to whom one is naturally drawn. They are magnetic. They are helpful and sympathetic. The tone of their voice is pleasing and soothing.

In the first chapters of these lessons I told you that magnetism was best conveyed through the voice, eye and touch. This lesson is for the voice. You must cultivate an even, well modulated and soft voice. Low, but distinct.

All of you cannot, in fact but few can, have the advantages of an education in a college of elocution or expression, but any one of you can nevertheless cultivate a clear, sweet-toned, low, distinct and musical voice.

Here is a severe test for you. Keep your voice low and soft when you are angry. You will awake to find yourself a master as soon as you can control your voice under the most trying circumstances.

You will at once realize that you cannot remain angry nor say words for which you will need to apologize afterwards if you will only keep your voice low and soft.

You not only control yourself, but you control others and win your point, which you would probably lose if you lost your temper; and just so sure as you raise your voice in anger you lose control and say what you do not mean and soon wish that you had left unsaid.

Try it.

The man who, during intense excitement or anger, talks in a quiet, steady voice, firm and clearly distinct, is using such powerful dynamic magnetism that every living being within the sound of that voice is thrilled with emotion. His words carry conviction and he wins his point, while the man who raves, storms, curses and shouts his defiance soon wilts and loses.

Look well to your voice and control it.

Then there is a charm which wins popularity, not only in the pleasing voice, but in making little sacrifices for others, doing it in a perfectly natural and unaffected manner, as if it was no inconvenience to yourself.

Cultivate the habit of pleasing those around you and of being pleased by them, and by all they do for you. At first you may be forced to sham a little in order to appear pleased with all that others do for you, but it will soon become genuine pleasure.

To become popular the habit of making allowances for the opinions, feelings and prejudices of others must be cultivated; but the most trying test of all, and one which must absolutely be mastered if one wishes to be popular, is to listen without impatience to prosy or dull talkers and be amused by the stale or twice-told tale or incident.

As you grow in magnetism through the cultivation of these charming attributes you will become in time such a positive force and will exercise such complete control over dull prosy talkers that you can in a few minutes so turn their attention to new thoughts and ideas that they will forget their stale story and listen eagerly to a few well chosen but animated remarks from you and you can then in an easy and graceful manner go on to other duties without rudeness, but instead will create in such persons a profound admiration for you of which they never tire in the telling.

There are people who are naturally sympathetic and whenever they meet a person who has a tale of woe or even a tale of triumph or success, the kind-hearted, sympathetic person is all attention. They enter into the heart of the other and seem, for the time at least, to feel as deeply as the other all of the emotions that are expressed.

It was said by one of the greatest of newspaper correspondents that Mrs. Grover Cleveland was the most magnetic woman in America. She was certainly the most popular and all who came in contact with her were drawn to her by an irresistible influence.

I determined to find out, if possible, wherein lay the secret of her power over others and I found it to be the same as I found in many other strongly magnetic persons.

In the first place her health was almost perfect.

Second, she had almost perfect control of her nerves.

Third, no matter how great the crowd around her, nor how pressing the demands for her attention in other directions, she

never conversed, nor even passed the time of day or acknowledged an introduction in a perfunctory or listless manner. For the time being she was all attention, all interest, and the person with whom she was speaking, even though he might be from the humblest station in life, felt that he was receiving the same consideration as would the ambassador from England. As a matter of fact, he was receiving the same kindly sympathy and attention, all of which was concentrated upon him alone while her beautiful brown eyes seemed to be looking into his very soul with an expression which said more plainly than words, "I know and I understand all that you would say."

I have known many men of great magnetic power, and I have found them much alike in certain characteristics. I presume there is not a reader of this chapter but has been led to believe that the frank, honest, sympathetic and magnetic person would always look one straight in the eyes when talking, but this I find is an error. Look into the brain, into the soul. That is what they do and what you must learn to do.

When speaking to a person whom you desire to win or control, look at a point just above and between the eyes. This gives you a powerful advantage.

First, you do not feel the disconcerting influence of their eyes upon you.

Second, you appear to be looking directly into their eyes while in fact you will soon be reading their inmost thoughts and understanding their feeling. Do you grasp the tremendous power you gain by this simple act? Why this is such a supreme advantage, and the wonderful importance of practicing it carefully at first, until you are a master, will be more fully understood by you as you proceed with this course of study.

The desire for popularity is the powerful incentive which leads men on to deeds of valor which go down in history, and this desire for approbation is in all, I might say with perfect candor, a tremendous force and its waste is the cause of so many failures. Now if in this desire for approbation there is a force of sufficient power to cause failure, even in the weaker portion of mankind, then if I can, through these lessons. teach you how to control this great power and put it to work winning success for you, this course of lessons will have become the most valuable of any series of instructions ever presented to you. This I shall do.

The requirements of this lesson are that you must study care-

fully each statement I have made and for practice begin with those around you, even in your own home.

First, by being sympathetic. Second, by being courteous. Third, by making little sacrifices in the manner I have described and in being really interested in what others are saying. Fourth, in the control of your voice. Fifth, in looking into the soul.

In the next lesson I will tell you how to preserve the tremendous power, inborn in you as a desire for approbation, into success in your desire and how to control and use instead of wasting that power.

CHAPTER XIII

GAINING MAGNETIC POWER

In the last lesson I gave you instructions for gaining popularity and promised to tell you in this how to gain power. If, at any time, any student of this course of instructions find he or she is handicapped by apparently insurmountable difficulties, do not hesitate to write to me and I will try and point out the best method of overcoming the obstruction to your progress. In your letter be brief and be clear. Enclose at least ten cents in postage, as it costs me at least that much to answer letters; my time is also worth something.

In the art of gaining power we are safe in counting our gain as "Poor Richard" counted his money—"A penny saved is two pence gained." In saving the tremendous power which impels all human beings and some animals to seek approbation, we not only prevent the loss of that power, but we increase our ability to win approbation.

To illustrate: Each individual student can look back to a time when in his own weaker moments he had yielded to a desire to tell to others something which would impress them with his importance. Now there is the point at which the desire for approbation caused you to do that which lessened your respect for yourself, and the persons to whom you told the story, instead of being impressed, would at once mentally, at least, set you down as either conceited or a braggart.

Let us suppose that instead of telling this matter yourself you had retained the knowledge. Your own self-respect would have increased in direct ratio to the loss under the opposite behavior.

Now you begin to recognize the power of this impelling force, because, having retained the knowledge, you recognize the fact that you have conquered an almost overpowering desire to scatter that force by telling.

Heretofore the escape of this force has worked against you, now it will work with you, because the possession of this knowledge by you gives you an asset which others have not, and if by or through others it is learned that you, although entitled to great credit for a certain reason or act, have made no claims to distinction, your credit is doubled and as others tell it they not only magnify the thing itself, but also tell of your modesty.

Now you must not think that I want you to stifle the desire for approbation. No; far from it. I wish to increase that desire, but teach you how to deserve and secure it without defeating your own ends by the loss of magnetic power.

First, deserve the approbation and then keep the knowledge of your just dues to yourself. The world will not be long in finding you out and your very silence will make your reward doubly sure.

Now I am setting for you the hardest task you have yet found. Hold your desire for immediate and trifling approbation in check; don't go out seeking it; don't proclaim weakness on every hand by telling the things which you believe will redound to your credit. Do not let this great force betray you in the smallest detail. You will find this very hard, which but proves the wonderful power which you are seeking to control. A power or force which is constantly seeking to scatter itself, but which you can and must control if you wish to become magnetic and win approbation.

You cannot prevent this force from manifesting itself, but you can direct the manner of the manifestation and by so doing compel the end desired.

Not only you, but your friends, will soon notice a great change. Dynamic magnetism, a properly directed power, is becoming manifest. Your self-respect has greatly increased. You are more dignified and have a self-consciousness of power and worth which you never possessed before and after each conscious success in repressing the desire to tell something which you believe would or should increase the respect or admiration of others, you can actually feel the power accumulating in your nerves. The next great change which both you and others will notice is the attitude of others toward you. There will be an apparent desire to be with you, to seek you out and although you give out no especial information

unless asked for, there is a desire to be with you and hear your voice. You now begin to draw from others what they before were drawing from you. As long as you control yourself and your desire for immediate or sought-after approbation you will increase this desirable condition and you should remember that unsatisfied curiosity is one of the factors which will draw people to you.

Keep those around you wondering what it is about you which draws them on, but never let them know that you are doing this intentionally.

Now, I wonder how many of you have told others, people who are not at all interested in such subjects, that you are studying these lessons and expect to become magnetic? If you have, make a black mark. On the other hand, if you are studying them with others, you can greatly aid one another by mutual helps, but don't tell it to others in the hopes of winning approbation—if you do, you lose.

CHAPTER XIV

A GREAT MYSTERY

Is not the Bible our authority for the idea that "The Kingdom of Heaven is within you?" Now, if the Kingdom of Heaven is within us is it not true that we are possessors of all the power, all of the attributes and all the goodness, all the greatness that has ever been exhibited by any human being and all of the happiness that is to be found in heaven, is it not ours? It most certainly is if we will only develop ourselves to such an extent that we can intelligently lay hold of that power and enjoy the happiness, peace, prosperity, popularity, power, wisdom, health, magnetism; all of these are ours if we but persevere and will it so.

"As a man thinketh in his heart, so is he." What do you think of yourself? Deep down in your heart do you respect yourself and feel confidence in your ability to win in the battle of life, to become magnetic, or are you a discouraged failure?

Do you always think of this one or that one as being so much smarter than you are, so much more capable of success, or do you have such confidence in yourself that you always think you can do things so much better than the one whom you are watching?

No matter to which class you belong, wake up! DO IT! Go right at the thing which you know should be done and do it right; you can if you will.

It is a part of my duty to prepare you for success, to enable you to succeed. No matter how many times you have failed, you can and will succeed.

Before undertaking the hard task, or the important thing which you desire, let us make a certain peculiar experiment which will bring into activity a mysterious and powerful force of which you have heretofore never availed yourself, and yet it was within you all the time.

The solar plexus, or great abdominal brain, is, according to my ideas, the seat of the emotions. Intense desire, sorrow, joy, anger, love and hate are felt in and appear to emanate from the solar plexus. You have an intense desire and it would afford you great joy and happiness to accomplish your desire.

Stimulate the solar plexus.

How? you ask, and I will tell you. First, place yourself upon the insulated platform or table.

Second, lie perfectly still for from five to eight minutes, taking long, deep breaths. Of course, you are alone and not to be interrupted.

Third, keep yourself perfectly passive and relaxed, simply rest, having first removed any tight or uncomfortable clothing which in any way hampers or interferes with deep breathing.

Fourth, take a very deep breath, expanding the chest, but drawing in or contracting the abdomen. Holding the breath expand the abdomen by contracting or collapsing the chest.

Fifth, by holding the breath and exerting muscular force in the abdominal muscles you can collapse and expand the chest and abdomen alternately four or five times to begin with, and later on, as your ability to control the breath and muscles increases, you can advantageously perform this stimulating exercise six times.

Sixth, force all of the breath, or used-up air, out of the lungs; now take a few long, easy breaths and repeat the exercise. Repeat this only three times, and the solar plexus will be wide awake and ready to aid you in any legitimate enterprise which you intensely desire to undertake.

You can now concentrate all of your powers upon one object and by practicing what is called by some mental photography, or mental-vision, you can accomplish wonders.

After having practiced the solar plexus exercise until you are satisfied that you have mastered it, and are able to awaken the abdominal brain to great activity, you should then fix in your mind the object of your desire. If your desire has to do with some individual then fix in your mind a mental picture of that person and hold it there. Persistently look at an imaginary picture of the person, and then proceed with the exercise.

As the solar plexus exercise has been taken upon an insulated platform you can remain in that position for from twenty to thirty minutes. The only changes necessary are to cross the right foot over the left, place the right hand over the left just above or over the solar plexus.

You have started into activity a mighty force or power and it is radiating in all directions in the form of dynamic magnetism. By assuming this position upon the insulated platform you are able to direct that power whithersoever you will, and the person whose image you hold constantly before your mental vision will be drawn out. If sick or in distress, will be benefited and soothed.

If it is a business matter which you desire to consummate, they will undoubtedly look upon it from your standpoint, and feel as you feel about it.

Be certain that your motives and intentions are honest and mean no harm to that person whose image you have in your mind. If your desires are evil or unjust you will defeat yourself.

If the person is an enemy, direct good thoughts toward him. Hold a sincere and true desire to make him your friend and you will not only succeed but he will become loyal and true, and be a better man for having your friendship.

CHAPTER XV

RIGHT NOW

There is no yesterday. There is no tomorrow. The days that are past do not exist and tomorrow has not come into existence. If the days that are past do not exist, then how can there be a yesterday, and we cannot claim that which has not yet been born.

Today, right now, this present moment is time. What we have called yesterday is a memory of things which we experienced

and what we have called tomorrow is that which in our present imagination we hope to enjoy in the future.

We cannot change or alter the experiences of yesterday, neither can we say positively what we will do tomorrow, but at this present moment we can profit by our own past experiences as well as the experiences of others, and prepare ourselves for the greatest amount of good to ourselves and others in the future.

This does not mean that you are to constantly plan or worry, as some are inclined to do, about what may happen at some time in the future, because if you will profit by your own past experience you will readily remember that the things which have caused you the greatest amount of worry in the past are things which never happened, events altogether imaginary.

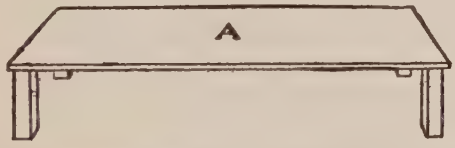


Figure A.—An insulated platform of plain boards which will serve all of the purposes of a table.

As right now is the only time in which you can possibly live, it is the only time in which you can possibly feel happiness or experience sorrow, abundance or want. Why not make the most of right now? Why not be happy, and why not try to make others happy?

The greatest happiness in this life is found in making others happy, in being of service to others. Not selfishly seeking to make happy only those few people who constitute our immediate family or loved ones, although they should be first in all things, but live a bigger, broader and grander life, and be of service to the sick and suffering, the poor, the obscure, the unfortunate ones; be of service to humanity and to posterity.

One of the best and first steps toward improving the human race is to begin with yourself. Your posterity cannot possibly rise up and call you blessed if you give them for an inheritance tainted blood and vicious dispositions. The celebrated Dr. Holmes said that the training of a child should begin about 200 years before it is born. That was a wise saying, and should be cherished. Those of you who master these lessons are not only building the foundation for your own success and greatness but you are training the children of future generations.

The people of today who are most honored, most distinguished, most beloved are not the people who can point back to ancestors who could accumulate millions of money. Most of the honored people of all ages are the descendants of those who lived clean, pure and honorable lives, who sought to render service to their fellows and thought more of honor than of vast wealth.

You desire success. Are you willing to sacrifice present ease in order to secure that success? Right now is the only time to prepare for success in the future, and if you improve the small opportunity of right now, greater opportunities will present themselves to you from time to time in the future, and you will be ready to take advantage of them and achieve your greatest desire.

In the last lesson I told you of a practical way of directing the greatest amount of dynamic magnetism by a mental process. I will now tell you how to supplement the force with muscular and conscious effort.

Magnetic power, whether expressed through the voice, eye, touch, mind, gravity, electricity, muscular action, or in whatever form, is the same in reality and differs only in the form of expression.

To turn the muscular power of the body into dynamic magnetism and use it in attaining success, go to the private room where your insulated platform is used and stand upon it. Take the erect military position and contract every muscle of your body into a tense and rigid state. You now have generated a tremendous force, and it is seeking to manifest itself. As you are insulated and have already learned how to control your muscles as well as thoughts you must direct the manner in which this unused force is to be spent.

Fix your mind intently upon the desire which you wish to gratify. Powerfully hold that desire in your mind, excluding all others, and will its fulfillment. You will soon consciously note that the rigidity, the force of your muscles is changing into the mental force and power.

Hold firmly to the thought that as the power of your muscles is an unused force you are directing that force into mental power for the purpose of acting upon the forms and conditions concerned in the success of your desires.

This power will so act, and as the tiring muscles relax the force does actually pass into and aid in bringing about success. Many thousands of experiments have proven this. It will work on general business enterprises.

A recent letter from an old student tells of her experience as follows:

The business in which she and her husband were engaged seemed to be going down, slowly, steadily and without apparent cause. They were losing ground, and something must be done.

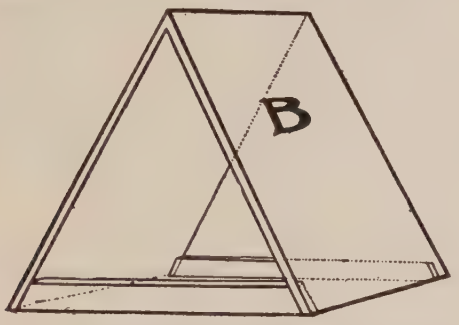


Figure B.—A board with frame for holding in position as a back rest while taking the silent treatment on the platform.

Without saying anything about it to her husband, she began the systematic practice of this method, constantly and powerfully directing the power toward the business and holding the thought and idea that "business will improve, we are bound to have success," etc., etc.

Business did improve, and the husband so frequently expressed his surprise at the change that at last she explained her experiment. So forcibly was he struck with the idea that thereafter he joined her in the practice and their united efforts have given them the most wonderful success.

They had the good sense and the will power to continue the practice, although I know that a great majority of those who use the method will persevere only for a week or a month at best. They are gratified at the favorable result, but for some, to them, unaccountable reason, cease the practice and prefer to drift with the current of events rather than to bend regularly to the powerful oars and row up the stream to success.

CHAPTER XVI

OPPORTUNITY AND TIME

There was a poem written, it is said, by John J. Ingalls, although others claim it. Quite a controversy arose as to the identity of the author, all of which availed nothing.

The substance of the poem, plainly stated, is the old and false adage about opportunity knocking only once at every man's door. As written by Ingalls the poem reads as follows:

OPPORTUNITY

"Master of human destinies am I!
Fame, love and fortune on my footsteps wait.
Cities and fields I walk; I penetrate
Deserts and fields remote, and, passing by
Hovel and mart and palace, soon or late
I knock unbidden once at every gate;
If sleeping, wake; if feasting, rise before
I turn away. It is the hour of fate,
And they who follow me reach every state
Mortal desires, and conquer every foe
Save death; but those who doubt or hesitate,
Condemned to failure, penury and woe,
Seek me in vain and uselessly implore—
I answer not, and I return no more."

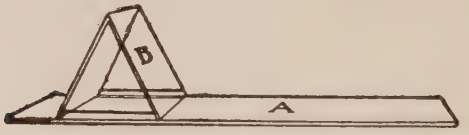


Figure C.—Platform with rest in position for silent treatment.

To the successful student of dynamic magnetism the poem and the idea are false. Opportunities are all about us. The call comes daily, again and again, and is standing patiently waiting for the tardy, unprepared sluggard to lay hold and achieve success.

I like much better the grand and powerful poem by Ella Wheeler Wilcox, which says:

"There is no chance, no destiny, no fate
Can circumvent, or hinder, or control
The firm resolve of a determined soul.
Gifts count for nothing; will alone is great,
All things give way before it, soon or late.
What obstacle can stay the mighty force

Of the sea-seeking river in its course,
Or cause the ascending orb of day to wait?
Each well-born soul must win what it deserves.
Let the fool prate of luck; the fortunate
Is he whose earnest purpose never swerves,
Whose slightest action or inaction serves
The one great aim. Why, even death stands still
And waits an hour, sometimes, for such a will."

The secret of success in almost all cases is to be ready and be worthy of success. Prepare for it and expect it. That's it, have faith. Many letters which I receive ask in a trembling, hesitating sort of way if I think that they can master these lessons and become magnetic when they have no faith.

To all such I must say that while faith in yourself and in me, and in the truths I am telling you, will greatly help, yet it is not an absolute necessity, because with greater knowledge the faith will come.

I fully realize how hard it is for the beginner to have faith in things which he knows nothing about, and there I will help you to be master of yourself, even without faith.

You probably admit that faith would help you along faster, because your enthusiasm would be greater, but even without faith you can develop dynamic magnetism if you persist in the study and practice of these lessons, and you can secure all of the advantages of faith by refusing to entertain any doubts about the ultimate results.

Now this may, at first glance, seem to be a hard proposition, but when you consider it for a moment it is not so hard as it seems. The fact that you are studying and practicing shows that you are anxious to learn and you are willing to follow instructions. It won't hurt you, nor in the least weaken or hinder your studies, if you refuse to consider doubt as to the results, and in this negative manner you can go on to success and ultimate faith through knowledge.

Now, remember that I do not claim that any one exercise or practice will accomplish all of your desires. This series of lessons is one harmonious whole, and if you master all of them you will be ready to take advantage of the opportunity which is ever waiting and success is assured.

Another thing about opportunity and the complete harmonious action of the various instructions given in these lessons is that the successful student draws from the universe a powerful psychic

wave of dynamic vibrations which enabls him to create, to produce his own opportunity and originate a new line of work or business in which there are no competitors, and which no one can take from him because it is his personality and personal power that has created it and made it a success.

As soon as others see how easy it is he will have followers and imitators, but they will fail because they are not prepared for such a line of work. They do not understand the psychic laws that were used in building up the successful enterprise, and they bewail their "ill luck," as they choose to call it.

CHAPTER XVII

A MAGNETIC COUNTENANCE

I once gave a lecture to my big class of health students, and in it I said:

> "Wear a glad look; no matter how you feel, look up.
> God is good, and his sunshine is there always;
> Clouds may come between you and it, but keep looking,
> Feeling glad that the sunshine is surely there and
> Will remain to warm you, the clouds will pass away."

The paragraph was copied in many publications and was doubtless read in many thousands of homes, but I presume that not many have thought of the effect upon others of a glad look.

The Bible tells us that the face of Moses shone so brightly that his followers could not look upon it. While you need not expect a similar thing to happen in your case, yet you can have that frank, open, pleasing countenance which shines forth good thoughts and good will to all, and inevitably draws people to you in spite of any natural defects which you may have.

I know a young lady who is anything but beautiful. Her hair is not of the red kind that is so popular and pleasing, but is rather inclined to be what is called a dirty red. Her features are fairly good, but her face is so mottled with freckles that some call her positively homely, and yet she is one of the most popular and attractive of the girls wherever she goes. Her face has that bright, open, frank expression and is always pleasant. She always expresses genuine interest in those whom she meets, and even if it is for a moment only one feels inwardly that she was genuinely

pleased at the meeting. She seems to be as happy as the day is long. The corners of her mouth never turn downward, but a smile or a laugh is always ready.

In talking with anyone she is all attention and sympathy, and has the appearance of being completely interested in what is being said to the exclusion of everything else. Her face expresses friendship in every conceivable manner, and she is courted and loved by her friends of both sexes. Are you?

It is so easy to get a little scowl fixed, or to let the corners of your mouth draw downward, even when you are feeling comparatively good-natured. This condition is nearly always found in the faces of cross, fretful, peevish and nagging people, who whine and find fault with nearly everything and everybody.

I well remember the advice given me by a sour old maid many years ago. She said, "Never marry a woman if the corners of her mouth turn down when she laughs, because she will nag you to death. My own have always turned down and I have never married, because I knew I would make any man miserable." I have many times observed such women, as well as men, and found that her philosophy is generally correct, although careful self-training has enabled many to overcome a natural inclination and become magnetic, with an open and pleasing countenance.

For experiment, just go right now to your mirror, without changing the expression upon your face and note how stern and forbidding you look. Catch yourself off guard and note the expression. Many times you will be ashamed to look yourself in the face and will not be at all surprised if a little child is not attracted to you.

Whenever you realize that your lips are compressing and your features hardening, relax them and look pleasant, just as the photographer tells most people to do. Some people take pride in looking stern and dignified. Well, the dignity is all right. Every person who has self-respect must be dignified, but it is entirely unnecessary to wear a stern look. On the contrary, it is a duty which we owe ourselves and to others to be as pleasing in our looks and manners as possible.

Now let me tell you of some of the effects which have undoubtedly begun to appear in you if you have carefully observed all of the lessons and practiced all of the exercises of this course up to the present.

The energy and magnetism which you have stored and which

is now an established force will, like the magnetism of the north pole, inevitably attract to itself its opposite. Just as surely as positive electricity attracts the negative, just so surely will you begin to attract the negative force and draw it from other people, and all without conscious effort on your part. Your face, your action, your manner, even your thoughts, ambitions and desires will unconsciously change. The things which you formerly longed for in an almost helpless way will begin to come easily within your reach. It is the universal law of attraction and repulsion working and manifesting itself in you as a result of putting yourself in line with those laws, and, working with instead of against them. Yes, the good things are coming your way. You find so many things to be thankful for, but perhaps the one great thing for which you have been working may seem as far off as ever, but I assure you it is not.

Don't be impatient, don't worry, don't hurry, you will realize in time that you are not ready and that if your desires were fulfilled now you would be greatly disappointed. Wait, work, study, practice. Especially practice the open, frank countenance. Wear a glad look. It will pay you many thousands of times over and over, and while increasing your happiness and capacity to enjoy you will be adding to the happiness of others.

Never for an instant allow yourself to look cross, peevish or fretful, and above all never allow your voice to take on a whining or peevish tone, and, as told you in a previous chapter, never allow the voice to be raised in anger.

When a person begins to develop dynamic magnetism his body and countenance do actually undergo a physical change. His eye is brighter, his general air is full of confidence and conscious power, which naturally causes an erect and masterful carriage to the body. His skin is clearer, his flesh firmer, and his health is better. The expression of fear or embarrassment or depression has left his face and he is no longer the unfortunate object of human forces which make some men unlucky in everything which they undertake.

He knows and understands why this force is making itself apparent and the world to him has a different countenance, while at the same time the world looks upon his open, manly, frank countenance, and not only loves him but is ready to manifest that love by showering upon him her choicest blessings.

I am now going to tell you something which may discourage

the shallow and superficial student, those who do not look into the deeper philosophies of life. From now on, as you develop more and more of this grand and noble power and as your character grows stronger and your capacities for greater things are increased, you will see the fulfillment of your former desires with more or less indifference and the things which you formerly so eagerly sought will have lost much of their value in your eyes. Why? Simply because in the deeper, broader and grander power and capacity of your present development you realize that there are better and more worthy things for which to strive and expend your energy. The true student will not be made unhappy by reason of the fact that he has outgrown his former desires, but, instead, is made happy through the knowledge of his increased powers.

Now a caution: When the student has reached this happy stage he must exercise the utmost diligence and guard against a loss of this valuable possession. Although he may not be fully conscious of the fact, he is now just on the verge of wresting from the wonderful powers of the universe one of her most jealously guarded secrets, and he is liable to find himself stripped, buffeted and cast upon the rocks of adversity and despair. I will give you but a hint; heed it carefully.

Don't, under any circumstances, speak of or boast, in the slightest manner, either by word or action, of the power which you have been developing. Treasure it, guard it jealously and go on to greater things.

CHAPTER XVIII

A MAGNETIC MEAL

There is an old and oft-quoted saying to the effect that a man's nature, disposition and position in life can readily be told if his diet is known. While this, to a certain extent, is true, I do not believe that anyone can truthfully say, "Tell me what you eat and I will tell you what you are." I think it would be safer and more to the truth if an observing person should say, "Let me watch you eat and I can well judge you of your health and character, as well as the manner of your bringing up." It is claimed that the constant use of pork has a tendency to create a swinish disposition. Because of the fact that it causes many cases of dyspepsia, scrofula,

trichinosis, and many other diseases which spoil the disposition; it may aid in developing an altogether unpleasant personality, yet I do not believe that statement, nor that eating chicken will have a tendency to make one chicken-hearted. As a matter of fact, one can scarcely find a member of the feathered tribe that will exhibit more courage than a chicken. The hen will protect her chickens at the risk of her life, and no matter how badly punished in a fight the rooster boldly climbs upon a fence and hurls forth defiance to all comers. I might go on and describe the diet of various animals and cite their dispositions, which, to my mind, does not prove that their habits or natures are influenced by diet to so great an extent as some think, although we do know that the dispositions can be greatly changed by careful diet selection.

A much more important thing is to find out the foods that are suited to the climate, occupation and condition of the individual, and then, most important of all, learn to partake of it in a proper manner.

The time spent in teaching children to eat properly, behave well at the table and thoroughly masticate all of their food will be of inestimable value to them throughout life, and if you were not so trained you should begin at once, no matter what your age may be.

Procure an up-to-date book of instructions upon table etiquette and do not be ashamed to put into practice, and at once, the simple and wholesome instructions which you will find.

Do not make a display of the knowledge you have thus gained, but as you progress in the correct methods of behavior at table you will observe the manners of those around you, and imitate the good, but drop the bad.

If you are a parent or teacher you will instruct those under you, but if not responsible for the training of others you must content yourself with a good example only.

By carefully training yourself in all of the details which go to elevate humanity, to increase its culture and refinement, you are preparing yourself for any station in life to which you may be called.

Altogether too many of our best and most wholesome people have neglected these little things, and when one of their sons has, by reason of sterling integrity and honest manhood, been called to some high position, his rough and uncouth manners put him in an awkward and embarrassing position. I have seen as much

grace, refinement and culture at the rough board table of a backwoods shanty as in the most dignified homes, and again I have seen rich and well-dressed people who live in magnificent homes, yet know so little about the first principles of good behavior that they would come into the parlor with their hats on, a cigar in their mouths, and offer no apology to the ladies present; when dinner was announced the men would lead the way to the table instead of allowing the ladies to do so; sit down before the ladies, instead of courteously standing until the hostess was seated; leave a spoon in the cup instead of placing it quietly in the saucer, and, worst of all, eat with the knife instead of with the fork.

Now all of these things may seem small and unimportant in the great battle of life, but I assure you they are not, and if you will begin in your own home to faithfully practice and carry out all of the duties and actions of a cultured gentleman or lady, it will be perfectly natural and therefore easy to do the same when in company; and no matter how mean your attire, these things will stamp you wherever you go, as a gentleman or as a lady.

I do not approve of scientific discussions during meals, nor of the exciting events chronicled in the daily newspapers; neither do I believe in boisterous laughter and unseemly hilarity, but I do think that the meal time should be a happy hour. Light, pleasing conversation, compliments and praise should be the order, and no matter how poor the fare or cheap the surroundings, it will be made more pleasing by the presence of a few wild flowers or decoration of some kind.

Never, under any circumstances, discuss disease, suffering, pain, sickness or death at meal time. There are enough of these things without having them served with our meals and eating them with our food.

CHAPTER XIX

A MAGNETIC MEAL—*Continued*

I shall never forget a splendid dinner to which I was once invited. It was a magnetic meal. I will tell you of it and then of its opposite.

I was passing through a large city which had in previous years been my home and I called at the office of an old friend, who,

when I had last seen him, was worth many thousands of dollars. He had always lived well and his family was one of the most cultured and refined it has ever been my good fortune to know.

How the joy shone in his face as he greeted me, and as we discussed bygone days he told me of the financial reverses which had stripped him of everything, although, he was still staying in the old home, but only by reason of the kindness of its present owner.

There was not a particle of bitterness, regret or worry. Health and honor and energy were his and he insisted that I must go up to dinner.

"We won't have much, but Mary will be greatly disappointed if you don't come." I went and I am glad that I did.

Although there was no money with which to pay her, the faithful housemaid refused to leave them, and she was acting as cook as well as dining-room girl and general housekeeper.

Everything was neat and clean; flowers were on the stands and in vases here and there. On every hand there was painful evidence of the poverty that had fallen upon them, but the faces of the inmates were bright, cheerful and happy.

The dinner was announced in the usual quiet manner and the wife and daughter led the way, followed by two sons, while I was ushered in by my friend, the husband and father.

On being seated he looked at his wife and smilingly nodded (she was quite deaf). She looked so happily around at all of us and then in a soft, kindly voice repeated a verse of Scripture, after which she turned with a smile to the youngest boy; he, also, quoted a verse, and so it went around to me, and I could think of nothing but, "Yea, though I walk through the valley of the shadow of death, I will fear no evil; for thou art with me; thy rod and thy staff they comfort me."

Now, this was not a solemn occasion, all was bright and cheerful, and as I finished the father turned to his daughter and said, "Dear, let's have my favorite this time," and she began singing, "I do not ask for earthly store beyond a day's supply." They were all splendid singers, with well-trained voices, and I assure you that no earthly music ever sounded sweeter to me. I have listened to Adelina Patti and other great singers, but here was a feast for the soul—the thankful, genuine outpouring of happy human hearts, and it was divinely beautiful.

The meal itself? Well, I was a very hearty young man at that time, and I should have been satisfied with a crust and water.

The first course was a well-made tomato soup, and it was served as daintily as could be done in the White House. Then came the second course, which consisted of bread, butter, potatoes and a glass of milk, and that was all. I could not have eaten more, because there was such a happy lump in my throat all the time and I was so full of happiness that there was not room for food.

I never heard a cross word between members of that family and I knew them for many years. It is needless to say that poverty could not stay in such a home, and every few months I learned of the upward progress and brighter days that were dawning. But one day came the sad news of a fatal accident which suddenly ended the days of this one of my best and truest friends.

Let us go into another home in which, I am sorry to admit, we will find a condition altogether too common and with which no doubt you are all more or less familiar.

The meal time appears to some husbands and wives to be the only time when each can catch the other in such a position that they cannot escape a curtain lecture or general fault-finding. The wife can then drive home, clear to the marrow bone, the hard, bitter things she wants to say; the husband eats them with his food; and the mean things which she says, as well as his harsh and cruel replies, pass with the food into their lives and becomes a part of them. Don't eat or serve to others meanness, hate, quarrels and general nastiness.

To illustrate further: Johnny was naughty today and his mother, in an angry tone, promised to tell father as soon as he came home, but, of course, they would all be together at meal time, and so she waited. Lucy was also caught in wrong-doing or she accidentally tore her clothes.

All of these things are told to father while the culprits are partaking of the food which is intended to build them into men and women of whom their parents may be proud. The father's scolding is absorbed into the system and Lucy leaves the table in tears, while Johnny continues his meal in sullen silence and then slips out as quietly as he can and resolves to run away or go out behind the barn and smoke or chew tobacco—anything that is mean or desperate, for he has been eating meanness.

Another illustration: Here is Johnny grown to manhood. He works hard every day that he can get work and at noon, as well as at other meals, he reads the most sensational of the daily yellow journals, about robberies, holdups, murders and arson,

which is eaten with his daily food, and it is not long until the startling headlines carry his own name as the criminal and the picture shows his face.

Stop eating and feeding to others, meanness; eat happiness, goodness, kindness and pleasure. Anger and hate, jealousy and envy stop the flow of the gastric juices and aid in creating a sour stomach as well as a sour disposition, while laughter and good will, compliments and praise are not only vigorous promoters of good digestion but of vigorous mental action and good health, steady nerves and magnetism.

"Better is a dinner of herbs and contentment therewith than a stalled ox and a contentious woman" is the way Solomon puts it, and I am going to add, a fault-finding man.

The way in which you eat your food is of more importance than what you eat. If you want to be magnetic avoid pork and lard, young veal, fresh underdone bread, tea and coffee. Drink nothing while eating, but thoroughly masticate your food, and drink an abundance of water between meals. If nervous and sleepless, sip slowly a large cupful of hot milk, but don't eat anything with it. Eat plenty of good nature and light, pleasant chat with your meals, but do not talk so much that you cannot properly chew your food, and don't be in such a hurry to answer that you swallow food before it is ready for the stomach.

CHAPTER XX

MAGNETIC THINKING

In the earlier lessons I told you that in this life we always get that which deep down in our hearts we most desire and strive for; this is because it is what we justly earn. Every man gets what he earns and deserves, not what he most loudly prays for and, in expressing a verbal wish, always names.

Let me illustrate. John K. is a poor man. He is working for Thomas L., who is rich and whose riches have been acquired since the two men were boys together. By telling you how John works you can readily understand why he is poor, although he is very anxious to better his condition. He does his work in a poor and slovenly manner and thinks he is justified in deceiving his

employer in regard to the actual number of hours he works, or in deceiving him in every way possible on the grounds that he is poor, while his employer is rich, and his wages are low, while the profits of his employer are large. If the opportunity to secretly increase or decrease the profits of his employer should present itself, and either course required the same effort, he would either do nothing at all or do that which would decrease the profits. Now, such a man has no conception of the first principles which are the basis of true prosperity. He is totally unfit to rise above his present position, but is actually attracting to himself, through his own thought forces, a still more wretched condition, because the man who is skilled in accumulating riches is quick to see the true value of an employee and John is very liable to lose the wages which he has been getting in order to make way for a man who is studying the interest of his employer, and is thereby always bettering his own prospects.

It is a fact demonstrated beyond the possibility of a doubt that good thoughts prompt good actions, and the two combined can never produce bad results; while bad thoughts will produce bad actions and the two can never produce good results.

This is another way of saying that "as a man soweth so shall he also reap;" perhaps better still, "as a man thinketh in his heart, so is he."

If you suffer disappointment, vexation, worry or fear, you can depend upon it that you are suffering primarily from the effects of wrong thinking in some direction. You are able to control your thoughts as well as your actions, and therefore you are able to control your destiny.

There is an old saying often quoted, "There is a destiny which shapes our ends, rough hew them as we may," but I do not agree with the saying as it is popularly understood, because most people seem to think that it means some force or power outside of ourselves, while, as a matter of fact, that divinity is within us and under our control. If you think right you will act right, and a careful analysis of yourself and your thoughts will enable you to form a habit of right thinking.

Practice self-control and self-purification in thought and you will soon note that your circumstances and surroundings are changing as you change, and the change will be in exact ratio to your altered mental condition.

It is said by earnest observers of such studies, that so true is

this law, that when a man earnestly applies himself to remedy the defects in his character, and by so doing makes swift and marked changes in himself, he frequently passes through a succession of vicissitudes. This, it is said, is because of the fact that we attract unto ourselves that which we inwardly fear as well as that which we secretly harbor and love. We fall to the level of our basest desires and reap the bitter fruit of unclean thoughts, and we also rise to the greatest height of our cherished aspirations. The things which most frequently occupy our thoughts and which we forbid ourselves to dwell upon with longing desire are the things which we get. Every thought seed which is allowed to take root and grow in the fruitful garden of the mind must of necessity bring forth fruit after its own kind.

Are you in earnest about these lessons and have you fully determined to reach the highest point of human possibility? Whatever you have made up your mind to do, study it carefully, sit down calmly and think over your own past life; be frank and truthful with yourself and resolve to tear out, root and branch, every unworthy thought and action. Whenever an impure thought comes into your mind drive it out instantly with a pure one. Either think of something directly opposite to the evil thought or desire or put the brain actively to work devising some plan or scheme that will be of benefit to some other person. Keep persistently at this for a month and it will become one of the best habits you ever formed in your life. You will grow pure, strong, great and noble; life will have a new meaning to you; success and the fulfillment of your cherished ambitions will come toward you rapidly and no human power except your own can turn them away.

I wish I could let all of you read the hundreds of letters which I am receiving from all parts of the world, telling of the marvelous and far-reaching results that have already been secured by some of the earnest students of these lessons. I will let you read one, as it may encourage some tardy, half-hearted person to work more earnestly for the success which is bound to come if instructions are followed. I do not give to the public the names and addresses of students who write to me, as this work and study as well as the results are private matters. The writer who lives in the East says:

Dear Doctor Reeder:—In lesson nine you request each student to write and tell you of his experience with the exercise of that

lesson. I experienced a feeling of new-found strength and courage. My whole body feels so light that I feel as if I could dance and shout for joy. This is so different from the old tired and worn-out feeling which I so often used to experience. I also notice, as you said in Chapter I, "the things which were most difficult would be accomplished with ease." I never knew anything to be more true, as things which were so hard are now mere child's play. I would not be without your lessons for worlds, as they have helped me so during the few months I have been practicing them. I wish to thank you for your kind reply to my letter as it also has helped me and has served to fill me with new hope and courage. Respectfully, Y. I.

Practice the requirements of this lesson thoroughly before passing on to the next.

CHAPTER XXI

LOOKING FORWARD

Among the letters which I have received from my students in various parts of the world I frequently note expressions of deep regret or discouragement because of the fact that the writer did not have these instructions years ago. If you think the same way, *stop it at once*; do not waste one moment of precious time for right thinking in vain regrets. "Thoughts are things," and, as we have been learning in the recent lessons, we are what our thoughts are.

Now, as it is true that thoughts are things, what kinds of things are you allowing to take up their abode in you? The thoughts surely become a part of you, and, if you continue to dwell upon regrets, sad remembrances, grievances and miseries of the past, you are giving room to decay and death. Stop it and stop it at once. Look ever forward to newer joys. They are surely yours if you continue to will it so, because the will being properly expressed ultimately triumphs over every obstacle.

Our bodies are built of our thoughts, and the body of a person given over to melancholy will be literally built of gloomy thoughts, materialized into flesh and blood. Don't forget that every evil thought is a bad thing literally put into the body, and I want you to form a habit of watching your thoughts carefully.

To illustrate, we will say that certain persons are unpleasant to you. Their manners, airs, affectations, stinginess, dishonesty, coarseness or vulgarity offend you. Forget them just as quickly as possible, and never, under any circumstances, discuss them or their shortcomings.

To talk about or contemplate and hold these disagreeable things in your mind for an hour will cause you to assimilate or take on some of these traits yourself, just as coming in contact with foul or offensive smelling filth is bound to contaminate you.

There was never a thing so disagreeable nor a person so objectionable but what there could not be found, somewhere in your experiences, an opposite and you must look for them. Think about, dwell upon, and draw to yourself the good, the noble and the true.

If through long habit you find that you cannot always control your thoughts or that you listen to and take part in conversation which leads to criticism, envy, cynicism, greed, tattling or any debasing thing, go to your room and earnestly practice the solar plexus exercise; thus draw to yourself the irresistible power while you call earnestly upon Our Heavenly Father to aid you and create a right spirit within you. With His help a new mind will be created within you. The new mind will create a new body and as the thoughts are clean, pure and healthy, so the body will be clean, pure and healthy. Then will you realize what St. Paul meant when he said to his followers, "To be spiritually minded is life." You are now entering into a broader, deeper, grander life than that which you have heretofore lived. No matter what your age may be, you are not too old nor too young, but have reached that stage in your existence at which a great change is to take place in you and from now on, life, either physical or spiritual, will mean more to you than in the past; your powers and possibilities have been growing stronger, almost unknown and unnoticed by you, and yet you feel and realize it. Just how, it would be difficult for you to tell. Persevere and continue the work, for still better things are in store for you.

Before closing this chapter, in which you are directed to look with hope ever forward, there is one more suggestion in regard to the thoughts, and this suggestion has been prompted by a remark made many years ago in my hearing. In order to fully appreciate the importance of it I will tell you the circumstances.

Two sweet, pure and healthy young married women were

seated near me at a large party and one of them asked the other's opinion of a certain bachelor who seemed very popular and a favorite with many of the women. "Well," said the other, "I don't mind telling you, but don't let me prejudice you in any way, for I may be wrong. He is very popular and some of the girls are crazy about him. I know that he comes from a most excellent family and has had the advantage of culture, education, travel and refined surroundings; he is handsome, dresses well and a splendid conversationalist, but yet I don't like to be alone with him, and although he dances beautifully I shall not dance with him again."

Her companion was surprised and a little shocked and asked, "Why, has he done or said anything which he ought not?"

"No, indeed, but it is in his face. His thoughts are not pure, and whenever I see him looking at me or you or any other young woman I seem to see evil eyes, nasty thoughts, and they impress me so strongly that I almost despise the man."

I at once resolved to study the man. I could detect certain lines in his face and so I studied the man himself. I soon found that his mind was a reeking cesspool of filth, lewdness, vileness and viciousness. Since then I have watched faces and found that the thoughts pencil the face just as surely as my pen writes my thoughts upon the clean white paper.

So again, I repeat, control your thoughts and if at any time you are worried, in trouble or ill, do not permit your thoughts to dwell upon these subjects, but think of the merriest time you ever had in your life and the kindest thing that was ever done for you; send out the sweetest, most generous and most helpful thoughts to others that you can summon to your mind. Joy, peace, purity, goodness, benevolence and love will write their names so plainly upon your countenance that little children will love you, the weak and helpless will look to you and rejoice, the wrinkles will disappear and your face will reflect goodness. Do not think of growing old, if you want to keep young; think of youth, strength, happiness, love and they will be your portion.

CHAPTER XXII

PREPARATION AND PRICE

In one of the earlier lessons I told you that whatever your desires might be in this world, if within the possibilities, they could be gratified if you were willing to pay the price. It is a fact which cannot be successfully contradicted that a price must be paid on everything. The laws of compensation are inexorable, and, like the laws of the Meads and Persians, never change.

A part of the price which must be paid for success in the accumulation and successful use of personal magnetism is thorough preparation. Many students appear to think that to merely read these lessons will equip them with all the power. Many, so very many, are impatient and want to know all about the subject at once and write me long letters either asking questions which have already been answered or which will be answered before this course of instructions are finished. This is a waste of time, thought, energy and money on your part, and as many neglect the important item of postage, it is an expense of time and money as well as of energy for me.

I am glad to hear from any and all of my students and expect sooner or later to hear from every one of you. Tell me of any especial experience, success or failure. Especially should those write me who are not in good health, as I will gladly suggest such measures for its improvement as I believe will be of practical advantage to the student.

While the thorough and careful observance of all the instructions contained in these lessons will make good health an almost absolute certainty, and increase the longevity and happiness of the earnest, thoughtful student, yet there are many thousands, who, through ignorance of the great truths found in these lessons and in the simple, practical instructions of the Home Health Club, have become diseased and are thus handicapped in a work of this nature; therefore, it is wise to secure all of the help possible in removing quickly all hindrances in the nature of ill health and disease.

You will remember that I have tried to impress you with the idea that you must not brood over the past nor dream of the future, for today and today only is time. Utilize it; act; whatever

there is to be done, do it. No one else can solve your problems or master your lessons for you. You must stand or fall by your own thoughts, words, actions. Your happiness, your health, your success, your destiny are all dependent upon your method of carrying out the program designed for you by your Creator. Whether you make much or little of yourself is within you. The lessons which are to follow will require of you greater efforts than you have heretofore made, and if I did not know that the result would justify you in those efforts, I would not ask you to go on with it. It now rests with you. Are you willing to plod onward through paths that may sometimes be toilsome and dreary until you gain the highest point of success, or are you content with the partial success which has already been secured?

The student who is truly great will never stop; only those of mediocre ability, who are content to trod the beaten paths, will find excuses, oh, so many and such flimsy and trivial excuses, for giving up. Come, let us go to the top. Let us develop to the very utmost every latent power deposited in our keeping by our Great Master, the Creator of the universe and all that in it is.

The laws of compensation never fail, and this life and this world will give to us just in proportion to that we have to give to it. What will be your portion?

It is said that "more hearts pine away in secret anguish for unkindness from those who should be their comforters than for any other calamity in life." Now, what are you giving to those around you? Kind thoughts, kind words and kind deeds, or are you careless, cross, ugly, unkind, thoughtless of their feelings and comfort? You may naturally be kind hearted, sympathetic, loving and affectionate, but through carelessness have neglected the little caress that is so prized in after life by a father, mother, sister, brother, wife or husband. Do you know that good qualities, like good steel knives, grow dull of edge unless they are used?

I once heard a woman say that most women would prize more highly a loving little patting of their cheeks as their husbands passed them by while at their daily duties than all the diamonds that the universe could supply. Do you ever give an encouraging word to the unfortunate, a smile and a caress to those around you, the members of your family, or are you waiting until death takes one of them to show your love? Don't wait! Give the love and flowers now, and don't be ashamed to do it publicly as well as privately.

An ostentatious display of affection in public is not only in bad taste but vulgar; but the little things are the ones that count in making the lives of those around you happy, and if you are to become great and successful you must learn that no detail is too small to be overlooked in building the structure which you are rearing, and as you are soon to take up the deeper studies of life you must be perfect in all that has gone before.

Gould says, "It seems as if the human mind were intended to go on forever learning new truths which only lead to new mysteries. Perhaps the mysteries are the hand of the Infinite beckoning His children onward toward Himself."

CHAPTER XXIII

THE MAGNETIC VOICE

These lectures are not intended as a specific course of training in any distinctive art, except the art of dynamic magnetism. The true student will master all of the supplementary arts which are necessary to the complete success of this magnificent training. Voice culture is a noble art, and those are few indeed who fully realize the depth and breadth of its study. I am now referring to the speaking voice. The singing voice and its culture is an entirely different art, although the student who has mastered the speaking voice has made great strides toward mastering the singing voice. This is one of the rules, however, which does not always work both ways.

Some singers have anything but a pleasing speaking voice, although their singing may be beautiful.

In one of the earlier lessons I told you that the magnetic voice will soothe, charm and fascinate those who come within its influence. You wish to become magnetic? You must, therefore, leave nothing undone that will aid you. In the building up of a great character we must look well to the foundation; leave out nothing that will aid in the good work for success. Who has not been thrilled with the cooing lullaby of the fond mother over her sick babe? Every fiber of her being responds to the sympathy, anxiety and love which she expresses through her soothing voice.

Likewise the blood may seem to have been frozen in one's

veins by the awful cursing and demoniacal raving of the drink-maddened fool who has destroyed his reason in search of temporary pleasure.

The voice of the lover pleading with his sweetheart thrills with its manly earnestness, while the hard, unsympathetic voice of a ship's captain drives the weary sailors on to greater effort.

Why?

In whatever position in life there is found the voice of a human being which produces emotions of any kind, whether it be love, hate, fear, courage, admiration, disgust, confidence or suspicion, you will also find upon careful analysis that the emotions aroused are deeply felt by the one from whom the voice emanates.

The preachêr who does not earnestly believe and feel what he preaches may by earnest simulation create a temporary sensation and secure converts from among the shallow and unthinking, but he will never be able to hold the attention of the earnest and thoughtful and true. The emotion must vibrate through and emanate from every fiber of the being of him who would deeply influence his hearers.

Those who realize that we must make the best possible use of all of our faculties will make the greatest progress in this study because they will seek to develop to the utmost all points of advantage, and, as I have told you before, the finest magnetism is expended through the voice, the eye and the touch. We will, therefore, study these three subjects and first seek to master the magnetic voice.

In the first place, all words to be magnetic must be uttered with a purpose, must have feeling and earnest meaning back of them. They must be uttered in a clear, distinct and yet low voice.

The person who mumbles in a thick-mouthed way—does not properly articulate the sounds or syllables of words—or who seeks by the use of voice, loud talking and brute force to compel a hearing may attract attention, but it is not of the kind desired by the student of dynamic magnetism. In such cases the muscular force of the person is used and there is none of the magnetic energy expended which causes those within reach of the sound to be thrilled or to feel the same emotions.

When there is a deep earnestness of purpose or intense feeling behind the words then the same emotions are felt by those who are reached by the sound.

Therefore, study well this important factor in the use of your voice; when the nerve strength is used in the voice for the purpose of influencing others the effect will be to gain your point. When the muscles only are used and the voice is dull, listless and monotonous the effect is worthless.

Practice speaking aloud in a low, tense voice, articulating each syllable clearly and distinctly. Almost any good book of recitations or poems will furnish you just the material for practice. This you can read aloud to others or for your own benefit, but practice, and avoid talking for the sole purpose of talking. Have a purpose in all you say; mean it and say it as if you meant it.

Now, do not think that you are to be solemn and dignified always and say nothing but wise things. The laugh and the joke, the pleasant evening around the home table, the aged companion who must be entertained, all, while calling for what may be termed light conversation, may yet be made to advance you on the highway of success. The musical and earnest magnetic voice will be the center of attraction always and you will soon find yourself deservedly popular because you please those around you.

Physical force and nervous intensity may be combined in the voice to produce wonderful results. This can be demonstrated by practicing the exercises described in Chapter XV, while directing the thoughts to some subject which interests you deeply, and at the same time express in a low, tense voice your wish or desire. You will be astonished at the change in your own voice.

CHAPTER XXIV

A MAGNETIC EYE

Among the students of these lessons are many honest, thoughtful persons, who, even before their practical instructions which I have been giving to them were published, have frequently noticed the vast difference in the eyes of individuals as well as in their temperaments and magnetism.

A number of years ago I stayed for a couple of weeks at a hotel in which there lived a man and his wife who were employed during the summer months in a circus.

The woman was a snake charmer, although I did not know this until I had dined at the same table with her for a week.

I had noticed, however, her peculiar eyes, which were very small and black. There was a peculiarity about them which was most remarkable and one could not see them without thinking of a snake. At times they seemed to flash fire or lightning, while at other times they reposed lazily and seemed to exhibit no interest in the surroundings.

The slightest noise or excitement would instantly arouse them to activity and one could almost imagine that the woman's head was slashing back and forth, ready to strike down any unsuspecting victim. I learned that when a child her greatest delight was to slip away from human companions and find some deserted spot where snakes made their home and there fondle and caress the most deadly serpents.

She was frequently found by her horrified parents with several snakes coiled around her, and they were apparently enjoying the game as well as the child. She was never bitten or in any way harmed.

One day she asked my little boy to go to her room, which I noticed was always avoided by the chambermaids, and was carefully kept locked.

My little son consented readily, but, as I afterward learned, stopped short just inside of the door. He had never seen a snake, but just across the room there lay a boa-constrictor fully fourteen feet in length and larger around than the child's body. It raised its head and hissed forth its hate at the new pet of its mistress and instinct told the boy of danger. He looked quickly at the woman, who was smilingly watching him, and said firmly, "Unlock the door, I think my papa wants me." She did so at once and as soon as he was outside and the door again safely locked he set up the most terrified and frightened screaming I had ever heard him utter. I was just entering the hall-way and I rushed quickly to him. Safe in my arms the cries ceased, but how tightly he clung to me while the woman came to me to explain.

What a wonderful change there was in her. I did not suppose that a human being could exhibit, through the eyes alone, such feeling.

The boy was charmed, fascinated, and as soon as she suggested that I go with him to see her pets, he was willing. She was so sorry he was frightened and the grief was evident to the child. I had no desire to go into a den of snakes, but I wished to remove the fright entirely from the mind of the child, and I went.

The monstrous boa showed its dislike much as a cross dog

would do and the woman controlled it in the same manner that would a dog's master; calling the snake by name, she looked it straight in the eyes and said sharply, "Lie down and behave yourself. Shame on you."

The head at once went to the floor and, when looking at its mistress, the expression of the eyes was subdued and full of humiliation and affection, but as soon as it looked at us, there was a glitter and threat. It is, perhaps, unnecessary to state that I did not accept a cordial invitation from both the woman and her husband to be seated, as I found on looking around further that a huge python was coiled upon the bed and an immense anaconda was asleep behind the stove.

I learned from the woman's husband that she never drugged her snakes, but could with impunity pick up and immediately control any snake she might find if she could attract its attention to her eyes.

She could also control almost any vicious animal, and as for himself he would no more think of entering this room when she was not there than he would of committing suicide.

Likewise she could subdue and control him as easily as she did animals and had cured him of the drink habit, to which he had been a slave.

She was a quiet and pleasant little woman to know, but I would not knowingly cross or slight her in the least, for a study of her and all of those who belong to her magnetic temperament shows that such are of the deep and dangerous class.

Controlled either by the cultivation of dynamic magnetism, religion, personal love or enthusiasm for some great work, such people become a magnificent illustration of the beneficial results of magnetism. There is no limit, within the bounds of human possibilities, to the good they may accomplish or results which they may achieve; while, on the contrary, if this powerful natural magnetism and mesmeric ability is allowed unlimited freedom, there are no depths to which it may not drag its possessors as well as those with whom they may choose to carry down to destruction with them.

Many years ago it was claimed by students of magnetism that there were four distinct types of magnetic temperament, and that they belonged to the possessors of the four distinct colors of the eyes—black, brown, blue and gray. All others are modifications or combinations of those four distinct types, and some carry the attributes of all four to a certain extent.

Of the jet black eyed person it is said, and I think your future observation will confirm it, that they are deep, crafty, cunning and sometimes cruel and dangerous.

The brown eyes indicate an affectionate, loving and lovable nature—one who, instead of reaching certain ends by craftiness, cunning or cruelty, is inclined to coax, plead, appeal to the affections and moral nature.

The blue-eyed person when naturally magnetic is, as a rule, beautiful and vivacious, quick and active, and accomplishes with a rush, and before others have had time to reason out a remonstrance, what the gray-eyed person would do by cold-blooded argument.

The naturally magnetic gray-eyed person is thoughtful, logical and will battle down every opposition with stern reason, while the cold gray eyes appear to be looking through every thought contained in the brain of his opponent.

In the next lesson I will take up the subject of training and development of magnetic eyes, making them strong, clear and powerful.

CHAPTER XXV

DEVELOPMENT OF THE MAGNETIC EYE

The fact that your eyes are weak or sore or diseased, or that you must wear glasses, need not cause you to think you cannot master dynamic magnetism. If your eyes are perfect, rejoice and be thankful. If not, then again I say rejoice and be thankful that these instructions have come into your life.

To many of you it will be an entirely new idea when I tell you that you must now undertake a course of systematic gymnastics for the eye.

The strong as well as the weak will be made stronger and many may be able to lay aside glasses that have been considered indispensable for years.

Glasses need not be considered a serious handicap in this work, although all would prefer not to use them. It is better, however, to wear glasses than to constantly suffer with severe eye strain. Even total blindness could not completely rob a graduate of these lessons of the power to become magnetic; yet, as I told you before,

the magnetism of the eyes is of the finest quality, and, when built up and controlled by the knowledge secured through these lessons, aids the student most wonderfully in achieving success.

The shape of the eyeball determines the ability to see far or near. Some eyes are too flat and some are too long. Exercise of the right kind, together with the proper manipulation, will correct either of these faults and enable the far-sighted person to use the eyes to better advantage near at hand, while giving greater range of vision to the near-sighted person.

You are quite aware of the fact that if one set of muscles is used, and another set allowed to rest or be used but little, the first or used set will grow strong, unless overtaxed; while the second or unused set will grow weak.

To illustrate: A person who spends his time reading books uses constantly one set of muscles of the eyes for the purpose of following the lines of the printed pages, back and forth, just as your eyes are doing as you read these lessons, a very short movement requiring but little effort.

Yet the result is to strengthen and develop the muscles used in making that movement, while other muscles are unused and naturally grow weak.

Does it not, therefore, appeal to you as good, sound reason when I tell you that these other muscles must be exercised?

Here is another illustration with which many are more familiar than they desire to be: A good housekeeper, whose duties confine her to the task of sewing, mending or other indoor work, and who is fond of reading between times of labor, goes to the city for a day; while there, as well as on the road to and from the city, a wide range of vision is required in order to see the various objects of interest which appear.

No one seems to understand why it is that mother, the dear good mother, must always come home from such a trip with a severe headache; a little reflection will at once point out the reason. Those weak and unused muscles have been taxed beyond their strength, while the two short and strong muscles used in seeing and reading have been stretched beyond their accustomed limit, and this readily accounts for the terrible headaches.

Some people are made very sick by riding on a street-car or railway train, simply because they look constantly out of the window at the stationary objects which appear to be flying past. I have known many such cases cured by simply suggesting to the

sufferer that he look steadily at a fixed object on the floor of the car, or keep the eyes closed.

The lack of muscular balance of the eyes will sometimes account for very severe illnesses and nervous breakdowns, in some cases causing epilepsy, chorea and other nervous difficulties. Is it not, then, important that the nerves and muscles of the eyes be properly exercised and developed?

The student will now assume an erect attitude, sitting on a common stool or dining chair, the feet squarely on the floor, and the hands resting in the lap; push upward with the top of the head until you are sitting in a correct position as described in the exercises illustrated in the physical culture department of the Home Health Club book, Volume I.

All the vital organs are by this method placed in a normal position and there is a freedom of action obtained which cannot be otherwise secured.

First—Select an object on the wall opposite you, which is about on a level with your eyes. Look steadily at the object for about twenty seconds without winking.

Second—Without moving the head in any direction look as far to the right as you can.

Third—Continue the position of the head, but slowly turn the eyes and look as far to the left as possible.

Fourth—Repeat the movements of the eyes from right to left and left to right five times each, or ten times.

Fifth—Continue to hold the position of the head and look upward as far as possible and then slowly downward as far as possible.

Sixth—Repeat the movement upward and downward five times each, or ten times.

Seventh—In the same manner look upward to the right and downward to the left.

Eighth—Repeat as before, five times each, or ten times.

Ninth—Repeat the seventh and eighth exercises by looking upward to the left and downward to the right.

Tenth—Let the eyes follow an imaginary circle around the room, the circle being so large that it touches all of the eight extreme points toward which the eyes have been directed in the foregoing exercises.

Eleventh—Follow the imaginary circle to the right and then to the left, five times each way, or ten times.

Repeat these gymnastics of the eyes at least three times daily until not the least strain is felt upon the muscles and then double the number of times of each exercise. All of the above exercises can be practised with great benefit by both the young and the old throughout life.

The next exercise has been, to a certain extent, described in one of the previous lessons under the title of "A Magnetic Countenance," and the student should carefully study and practise that lesson anew.

Sit or stand in front of a mirror and tense the eye. Open the eyes as wide as possible; make a practice of doing this quite frequently. Note the expression which this gives to your countenance, and if it is of a staring nature, you must learn to modify the exercise; an honest friend will be of great help just now, and, if a fellow student, you can return the favor.

By careful study and practice you can learn to carry a frank, open countenance which will be an inspiration to those with whom you come in contact.

Some people wear a habitual frown, some pinch the forehead between the eyes, and some keep the eyes partly closed all the time. Study yourself, wear a glad look, keep an open countenance.

As I have already stated, the shape of the eyeball has much to do with our daily lives.

The shape of the eyeball is sometimes changed during early life by the childish habit of vigorous rubbing, digging or gouging with the chubby fist while crying; one of the eyes is rubbed much more than the other and as the pressure is mostly always directly upon the front of the ball, it is flattened, and that eye is thereby rendered what is commonly called "far-sighted," or is afflicted with what an oculist would call "hyperopia."

The other eye may naturally be near-sighted, or have, as the doctors would call it, "myopia." Is this clear to you? I have tried to explain in the simplest possible manner a condition which in a medical or technical work would require several chapters. I think you understand it fully, for you have no doubt noticed that a near-sighted person's eyes seem to stick out and be very long or prominent, while a far-sighted person's eyes appear flat or deep set in the orbits.

Now, as we can readily see how a condition of severe eye strain may be caused by a childish act and one eye made to see far and

the other near, cannot the principle be applied to correct these conditions and change the shape of the eyeballs that are not normal and round, so that if both are too long they can by manipulation be flattened to a normal shape, and if too flat be rounded out, or the two eyeballs made to see alike, instead of putting on glasses for the purpose of correcting the error?

I can assure you that this can successfully be done by carefully and persistently following the suggestions of these lessons.

The student should himself do the manipulating with the third and first two fingers. If the eye is near-sighted or too long it is to be gently manipulated and flattened by careful pressure, a very little at a time, being careful to make the pressure even and gentle, repeating only once the first day, and by gradual increase of the number of times daily until from four to six treatments are given daily. The time required is very short—half a moment for each eye. Just a moment's stop from your occupation; a little thing, but wonderful results are to follow this and the exercises. After a month of this practice, you may try the following experiment: Rest from all exercises and magnetic practices for twenty-four hours.

First, make the room absolutely dark; then lie down upon the insulated platform, practice the breathing exercise of lesson number ten, for twelve or fifteen minutes, and then solar plexus exercises of the first part of that lesson. Rest for ten minutes; close the eyes and gently strike the eyeballs with the finger; a faint, opalescent glow will be produced and if the eyes are now opened, a pale light will in all probability be seen. Some who have stored vast quantities of magnetism can develop a perfect ring or halo of light around themselves. It is in reality similar to the electricity generated by the mechanical dynamo; you are, however, the living dynamo, and, having attracted to yourself great power, are now able to demonstrate it to yourself by this experiment.

CHAPTER XXVI

MAGNETIC TOUCH

To give a course of training that would be absolutely perfect is beyond the power of a mortal. I do not claim to be anything else.

Perfection in all directions for all of the students of these lessons is not claimed, but I do know that the earnest, honest student will develop rapidly, grow stronger mentally, morally and physically, and that he will succeed where before he may have been a failure.

His presence will be desired and his company sought. His council and advice will be prized and he will be helpful to the weak, non-magnetic and unsuccessful. In the sick-room his touch soothes and strengthens, while a fretful, crying baby will be calmed, made happy and gently lulled to sleep in his arms. Is not all this worth striving for?

All of the lessons heretofore given have gradually led the student in the direction of complete dynamic magnetism, and it rounds one out into as near to symmetrical perfection as any course of instructions can possibly arrive that is given through the printed page.

To grasp the hand of a magnetic person is to experience a pleasurable thrill, and this agreeable sensation is now within your power to give if you have been honest with yourself in the practice of these lessons.

Honesty, genuine honesty, is a thing which many people cannot sense. They make a most solemn promise in mere words to themselves, saying, "I am going to take up this study and practice and complete the course," but they have been dishonest with themselves, cheated. The very worst and most harmful kind of cheating is to cheat oneself. How often have you done it? How many flimsy and untrue excuses have you made to yourself?

Genuineness and sympathy, earnestness and interest, are the attributes which determine the esteem of others for you. When you hold out your hand and grasp that of your friend, you ask, "How are you?" or "How do you do?" When you do this, is it merely a perfunctory form or do you mean it? When introduced to a stranger most people offer the hand in a listless manner

and in a meaningless tone say, "I am pleased to meet you." How many times have you said it when you did not mean it?

On the other hand, have you not met people who, as soon as they were introduced to you, grasped your hand in a genuinely hearty manner and while looking straight at you exclaimed in such a sincere voice, "I am so glad to know you!" that there was left in your mind not a particle of doubt in regard to the sentiment expressed? You at once liked that person and you felt that in some way he had discovered the best that there was in you. If you have been honest with yourself you are now like that magnetic person.

The practice of the lessons on dynamic magnetism, together with the Home Health Club instructions for securing and maintaining health, has by this time, no doubt, given you almost perfect health and earnest sympathy, with genuine interest in the sick and suffering, which will enable you to raise many a suffering one from a bed of sickness and in many cases the mere touch of your hand with powerful and positive suggestions is all that will be needed.

In the magnetic treatment of the sick the patient will receive the greatest amount of benefit if the operator is insulated while the patient is not. This is an easy matter and may be accomplished by simply slipping onto the feet of the operator a pair of rubbers. This method of treatment will, however, more rapidly exhaust the strength of the operator than is necessary, and, therefore, if it can conveniently be done, the bed or operating table upon which the patient rests should also be insulated, or perhaps just as good results will follow in most cases if no insulation is used for either.

The principal requisite to success is a surplus of magnetic power, and an honest, earnest desire to help, as well as implicit confidence in your power to do so. This confidence will become fixed and absolute as success attends your efforts.

I might go on and fill pages in seeking to demonstrate to you the various theories and reasons for success and power in the magnetic touch; but such a course would serve no useful purpose, would cost me time, energy and money, while it would take from you time which should be employed in practice.

Read this lesson thoroughly and carefully several times; be honest with yourself and see if you have mastered all of the previous lessons. If so, I would be glad to take you by the hand, and I could honestly say, "I am glad to know you."

CHAPTER XXVII

MAGNETIC PROGRESS

One of the tests of your progress in dynamic magnetism is to be able to send your thoughts before you; for instance, have them precede you to your friend's house. I have a friend whom I have known a number of years and of whom I invariably think just before seeing her. It is not uncommon to think of some one a few minutes before he appears, but if, when you experience this the next time, you stop after you have said, "Well, I declare, I was just thinking about you!" and analyze the impressions made upon yourself by this person, you will find that for some reason they are very strong. If he has not made a point of possessing dynamic magnetism, he was born magnetic, and has an atmosphere that dominates and will be noticed.

My very magnetic friend to whom I have referred is a lady sixty-five years of age; she has hardly a line in her face, her eyes are dark and thoughtful, her hair is slightly tinged with gray and her voice is clear and sounds youthful. If you should hear it and had not seen her you would say it was the voice of some young person. She does not wear a perpetual smile, but she smiles and laughs readily. That she enjoys life is evidenced by her air of not only cheerfulness but enthusiasm, and I must say that I find it impossible to be dejected in her presence and I have heard our mutual friends say something to the same effect.

Now, whatever the color of your hair or eyes, there is no reason why you should not be as magnetic as the friend to whom I have alluded. She makes a strong impression, and it is always a very pleasant one, wherever she goes, and this is one great reason why she is always happy herself. She gathers sunshine all along the way and diffuses it.

Some persons of morose dispositions and morbid temperaments affect to be happy and try to convey the impression that they are overflowing with happiness in a mistaken effort to be attractive.

Affectation seldom attracts and never holds friends. Genuineness, as I have so often told you, is one of the first principles of dynamic magnetism. Pretensions are all in vain where it is concerned, although I advise smiles in preference to frowns however

dismal you may feel. Pleasant looks will help you to keep up a good heart, and a good heart will attract hosts of friends.

My experience has taught me that the whole world bewares a rueful countenance, and is wise in doing so. I have no wish to avoid my friends, but I have sometimes been tempted to cross the street when I have seen some one coming towards me whom I knew had a grievance, just one of those imaginary grievances against the world and mankind in general. That person was certainly not magnetic, you say, and you are right, for it was their misfortune to repel and not attract you.

Perhaps you are saying that you have also this misfortune; that you have only a few friends and they do not seem to be particularly charmed by your company, and will seem to forget and ignore you whenever the opportunity to do so presents itself.

Then you should strive all the harder to cultivate dynamic magnetism, the one and only thing that can positively be relied upon to overcome the lack of attractiveness.

Let me give you some good rules to observe along this line: Do not worry or fag your brain with things that do not matter or brood over what goes wrong. Refuse to allow even things of importance which promise to be unhappy to depress you.

Depression is a sickly condition of the brain which communicates its state to the rest of the body. Serious harm results from a bad state of mind. What power have you if your forces are scattered? In that case, instead of attracting, all your forces are being drawn from you. You are weakened in will, mental poise and purpose.

The point is, to attract other people, to make yourself felt by them, and to influence their minds, therefore collect your powers altogether. You must be a power. Be what some people call "somebody."

I do not know of anything more opprobrious than to be called a "nobody." It is never applied to a magnetic person, for he is sure to have many friends to take his part and recount his virtues and accomplishments.

Another test of dynamic magnetism is to be able to live the character of some one else under their circumstances. This is not hard if a keen imagination has been developed.

The next time you hear people talking about the failings of some individual, instead of getting in your word of condemnation, keep still a few moments and think. Put yourself in the place

of the absent one who is made the subject of severe criticism, and you will see that there are many extenuating circumstances. Then, but not until then, speak, and you will say a charitable word that will fall like oil upon troubled waters and prevent further unpleasant discussion.

More than this, you will have attracted to yourself for your moral courage a stronger degree of friendship from almost every member of the company than you before possessed.

Ignorance and uncharitableness are factors in many characters, but they are not attractions. If you will notice people who appeal to you and are magnetic, you will find that they are thoroughly interested in you for your own sake, or in sympathy with your work and wish you Godspeed.

Your work should be an expression of your individuality. It may not be along the line, apparently, which you hope to follow all the days of your life, but let me assure you that if it is well done, in one sense it is along that line although it may not appear to be so. Do not say, "this is too humble a task for me," but concentrate your thoughts upon it and do it well, for I assure you that it is straight in your path to the highest goal of your expectations and the honest efforts which you expend upon it will be reflected back into the magnetic dynamo of your mind, there to be conserved to attract friends and influence.

I have named three experiments in this chapter. First, the sending of your thoughts ahead of you; second, changing places with another or, rather, putting yourself in his place, and third, impressing your individuality upon your work.

Try these experiments; they are good and will not only test your power, but will add great force and strength to your character.

CHAPTER XXVIII

PSYCHIC DEVELOPMENT

The most promising thing about psychic culture is that once started in it you feel stronger daily and more anxious to continue your study. Fairly launched in it you are on the road to success. If you do not start with the intention to succeed, however, it will be natural for you to fall back and become lax and careless as to

your manner of thinking and living. There is so much in starting right, that I strongly advise those who began this study in a half-hearted manner to go back and start again, then work diligently to master each lesson.

If you do not improve, you will decline in your power to improve. Constant mental effort is required to develop along intellectual lines, and it is through the intellect and the soul that the highest attainment is reached. In psychic culture there is no such thing as a humble beginning, for all of the work is inspiring.

If you have been intent in the study of dynamic magnetism you are well prepared for this lesson and will be eager to profit by its teachings. To develop your psychic nature in whatever position you are placed, make a point of being actually and practically noble. If it would please you a trifle to do something ungenerous, stop short and study the psychic effect of such an action and you will decide to do the most generous thing possible in the case. To be forgiving under trying circumstances is generous and there is always a glow of nobility in giving any one under censure, whose culpability has not been proven, the benefit of the doubt.

There are two very formidable stumbling blocks in the way of many people, which are quite different in character. One of these is too much work and the other is uncongenial work. I will mention one more—it is lack of work, for, even in this work-aday world, there are those who have little or nothing to do. Too much work will test the character severely. I do not think that the health will ever fail under such a strain if the psychic powers have been properly developed. The soul will not only inspire, but will rest the mind and double the physical powers of endurance.

If your work is not of your choosing, but has been thrust upon you, so to speak, make up your mind to do it cheerfully and well, not looking so far forward to something better that you will slight it in any way, for it may be that the work which you would like to do is closer at hand than you had supposed, and may even in some remote way be connected with the task at hand. Be careful and conscientious and you will not overlook or miss it.

Sometimes those who have nothing to do deserve our sincere sympathy. For my part, I can hardly imagine a more miserable condition than that of enforced idleness. Lack of training for some useful employment is a misfortune in early life that often

makes after years unhappy; but remember, we mold our own destinies.

I know a middle-aged man who, from a young man, has always been extremely anxious to make a pleasant impression on everybody with whom he comes in contact, but he has always used external means only. He dresses carefully and his manner is always the kind that attracts passing approval, but does not result in strong friendships. It has always seemed to him, simply because of his dress and his deportment, that he was an exceptionally fine gentleman. So engrossed with this idea has he become that he does not think it necessary for him to exert himself in any particular way. He cherishes no ideals, but concentrates all of his thoughts upon his appearance, aside from holding an easy position secured for him through friendly influence.

I am now painfully aware that my old acquaintance, for one can hardly call him friend, has been going down hill at a rapid rate, simply for the lack of intellectual and psychic culture. He has nothing of interest to say. Mind and will power seem to be scattered and lost. Dress and courtly manners are attractive graces, but when one begins to lose interest in these, something a great deal more durable is absolutely and urgently in demand to fill the vacancy.

Fortunately for the most of us the demand is for more time that we may accomplish more and more. I say fortunately because a great deal of work is so much better than to have little or nothing to do, which, in youth, means nonchalance and, as years wear on, dependence.

There is a psychical as well as a material meaning to the proverbial "rainy day." Your physical needs may be amply provided for by inheritance, but what relative or friend, however interested in your welfare, can bequeath you those enduring characteristics upon which real and lasting happiness depends?

You know that activity is one of the rules of nature. Everything is in motion. Nature holds the key to this universal perpetual motion. You ask the cause of this activity. You say there must be something behind it, some great propelling power, and you are right. It is the energizing force that pervades the universe. It is a wonderful force, and its effects are seen everywhere. The object of these lessons is to teach you to command this force.

If this force did not act upon your brain you would not be

able to think. Thought is its very highest manifestation and the character of the thoughts which are emitted from the brain will depend upon the condition of that organ. It, therefore, really determines your actions and is one of the most important factors in your measure of success.

To attract the energizing force or life principle to yourself you must cultivate not only activity, but a pure mind and perfect faith in the Supreme Power of the universe. The more you have to do with the activities of life the more you will be able to accomplish. Your present existence holds in its grasp the abilities to learn all of the secrets of the past and the grandest possibilities of the future.

The economy of nature is often expressed by the saying that no atom is ever lost, and this applies as well in the invisible realm as from a material standpoint. You cannot always account for your thoughts. They come to you out of the creative power of the universe; yet all thought is in keeping of the life force. If the thoughts which come to you do not move you to activity along lines of great material and spiritual benefit, it must be that, so far, you have been in ignorance of the law of their control. You change your mind often, but thought is changeless. It is good and bad, elevating and demoralizing, destructive and upbuilding. The life force is strong and works rapidly either way. Refuse to entertain a single thought of evil. Think and speak well of the whole world; there is good in everything; search it out, utilize it, and you will daily attract the energizing principle of activity in right thinking which is the principle of health, wealth and all material blessings, and through it you will be placed in touch with the still higher or soul forces, when all things will be possible.

Of this power and a practical demonstration of its manifestations you are to learn much before the close of these lessons.

CHAPTER XXIX

MAGNETIC DEMANDS

In your study you should always keep in mind the following:
The thoughts must be pure and the body clean.
Say no ill and think no ill of anybody.
Never look for nor see deformity or ugliness anywhere.
Reverence the good, the beautiful and true.

By keeping your mind free from low and degrading thoughts, by making your habit of thinking high you are establishing more firmly than anything else can your nearness to godliness.

Your life is your soul and your soul is developed or ruined here in your present living through the senses as they convey things external to the mind.

Have a guard for your mind and if any thought breaks in at variance with the new and better way of thinking and living command it to be cast out at once. Brisk physical exercise will hasten its going by making the circulation livelier. The habit of disagreeable thinking makes the blood very sluggish and is the cause of many disorders.

The clean body induces morality. The morning bath either with water or by friction is a splendid constitutional, and if your daily work takes you along dusty roads you will find the evening sponge bath equally agreeable and beneficial. Do not stand dirt of any kind. It has been defined as a matter out of place. It certainly has no place over the pores of the skin.

Do not say ill and do not even think ill of any living human being. Some people who refrain from speaking evil of the dead unbridle their tongues that they may say all manner of evil things of the living, who never can be quite immune from their criticism until they, too, have passed into the Beyond. The greatest harm may come to those who are good and true through things said about them. If at first you find it impossible not to see faults in others, examine yourself. Do you satisfy yourself? Are there no faults in you?

I would not have you unjust to yourself, however, or to follow a line of severe criticism of your own thoughts and actions, but simply to see yourself as you are that you may be not merely just but generous to others.

Never look for what is deformed, perverted or ugly. If you come in contact with it, look through it to the image of the true and back again where some of its lines run parallel with the ideal of which we are all more or less imperfect expressions. By great watchfulness and care you are trying to arrive where you actually will see no evil.

What would be harmful otherwise is powerless when you are blind and deaf to it. Look up for your standards. Have high admiration and reverence for goodness, purity and truth.

The four admonitions I have given you in this lesson should

be gone over every morning and every night. Start in the morning by firmly resolving to keep up to them the day through. At night review your acts and thoughts of the day that you may see where you have been wrong and decide what would have been right. The strict observance of these simple but ironclad rules will add daily to your psychic power and give you sound, refreshing sleep.

The lower life is to be discarded and replaced by a free, unbound spiritual life. You are to be absolutely free. Nothing has the right to hamper your soul. It demands freedom and constant recognition.

What is the soul that it should demand so much? It is the essence of all the goodness that has been conserved throughout the ages and even before time began. It is the all-pervading truth power of the universe and is eternal. Are you great enough to realize this? Can you think of soul in the abstract, perfect, grand, impersonal, and then of your own soul, individualized according to your mind?

If you can you will see that it rests with you to choose your own class of experiences, as it were, and you will be high minded, knowing that you have the strength of all of the truth, or, in other words, the whole truth behind you, that it is inexhaustible and will make your life beautiful.

As soon as you are able to grasp your soul power in this way you will have made a great advance; but do not expect to make this advance without effort. If there were only the soul force there would be nothing for you to do. Every step of the way you will have strong opposition.

Being imperfect now, your judgment may frequently err. The opposing force is the sum of your experiences through the material senses; but do not be discouraged, there are but five of these, while the soul has a thousand senses.

To become strongly magnetic in the highest sense you have to make demands upon the highest of all forces, which is the psychic force. Those who depend only upon mind or intellectual force will be disappointed. The mind is subject to error; it is human. The soul never errs; it is divine.

The question arises, What will you demand? Can you think of a life as beautiful that has no external beauty, or can there be external beauty where there is constant struggle and care?

Instead of bending all of your physical and intellectual ener-

gies to wrest success from the material world, which is a constant turmoil of selfish competition, you must say every morning, as if to yourself but really to the Supreme psychic force of the universe, "I demand the beautiful life." That will be enough to say at first, and if you say it forcibly, with faith and a realization of the strength of the power you are invoking, it will be yours.

It makes no difference what the external conditions of your life may be at present. Your surroundings may be the humblest. You may seem to have no prospect whatever, but day by day psychical beauty will dawn upon your mind and filter through the shadows of hard work and poverty by which you have been bound down, gradually dispelling the force of evil.

The latter consists of sensuality, selfishness, uncharitableness. It may be summed up as untruth, since whatever tends to sear the conscience and detract from the line of beauty is untrue.

Having paved the way to your demands of a free spirit and a beautiful life, by conformity with the practical rules I have given you, your recognition of the soul force will give you a recognition never before accorded you. It will speak through your eyes and in your work and your preferences will be consulted and your interests promoted by the world around you.

CHAPTER XXX

PSYCHIC MAGNETISM

In the lessons heretofore given you have been told of the material and practical, with a hint here and there of the part which psychic development plays in this great work. We have now reached the stage where the psychic must receive more direct attention.

Back of all material things is the soul, spirit or psychic life. To know and understand the laws of soul life is perhaps more than you would care to attempt, but it is necessary, in order to round out a fully developed human being in control of dynamic magnetism, that you study this part of yourself and from now on you are to develop your psychic nature so that you will be able to control matter, things living and things inanimate.

The higher or psychic force cannot be drawn upon until the

mind having become master of itself is able to control the body. The diligent student is now in control. The following exercise is for psychic control:

Take a sitting position of perfect ease. Sit erect with every muscle in repose and breathe slowly through the left nostril. It will be necessary, in order to get a full breath through the left nostril, to hold the right one closed with the finger. Breathe while slowly counting eight; hold the breath eight seconds; and closing the left nostril exhale through the right to eight counts. In taking this exercise, follow the breath mentally along a nerve current on the right side of the spinal column, which you will observe it stimulates. Observe this carefully and note a warming sensation after inhaling and exhaling alternately through each nostril seven times as described, the effect upon the nerve current being opposite to the side upon which the breath is inhaled.

Take this exercise in the morning, at night, in the middle of the morning, in the middle of the afternoon and at noon, if you are where you can closely follow directions. It may be taken in the standing, sitting or reclining position as desired.

Be perfectly regular with your morning and night exercises. As often as you can take this exercise you will be greatly benefited by it. It is important that the nerves should be perfectly quiet, the body erect or prone and the muscles relaxed so that you will be unconscious, in a measure, of your physical self.

Wakefulness at night is nearly always due to excitement of the nerves or brain, so whenever you wake up in the night and feel restless and nervous, lie perfectly straight, take the mental exercise and conduct the breath as before instructed. Think gently or dreamily of what you are doing and that you will soon be asleep, and you will be if you follow these suggestions.

After two days' practice give two counts more to each breath as it is inhaled, held and exhaled. I must caution you in three very important points: When taking this exercise have the abdomen drawn in when the breath is exhaled; breathe with diaphragm, and be sure that the air is fresh.

When you breathe with the diaphragm you will note a rising and a depression of the abdomen as the breath is inhaled and exhaled. This is the natural rule to which you should conform. (Refer back to the previous lessons on this subject.)

The magnetic person always has poise and self-confidence, as you have no doubt noticed. His manner is simple and natural,

for there is no other manner so attractive. He is above affectation because he no longer has great desire for admiration. It is not now necessary for him to waste any of the force of his nature on that kind of desire. He simply knows that he will meet with approval, and, therefore, is perfectly at his ease.

The self-conscious or non-magnetic individual is always seeking to please, casting about for compliments, full of anxiety and fear. Why is he so serious; what does he fear? His psychic force, of which he has no real control, makes him vaguely aware of the weakness of his character. He, therefore, does not wholly please himself and the untruth in him prompts him to attempt to deceive others.

He is acting a part and becomes at once an object of distrust, although you cannot help feeling sorry for him, not knowing just what the circumstances of his life may have been or just how much he is to blame. Self-consciousness is a great stumbling block in the way of success, but the very worst case of it can be overcome when its causes are understood. The cure, of course, is to uproot the cause. I will illustrate one cause of self-consciousness, and it is but one of many.

We will assume that Mr. A. is a conceited man, although of course he does not know it. He is also jealous. It angers him to see any one do anything that he cannot. He would like to lead in conversation and be considered all around accomplished, but wherever he goes men who really know less than he does take the lead and leave him hopelessly in the background.

Every man has his faults and Mr. A.'s are not worse than those of his acquaintance who seems to carry off the honors everywhere. Mr. A. must change his tactics or he will never succeed. He has fallen into bad habits of thinking, which have biased his mind so that he does not appear to be as good as he is. Evil conception of others has cast a shadow over his own virtues. Here is a great chance for reform.

A man who is conceited, jealous and suspicious cannot possibly carry with him an air of frankness and hopefulness, but quite the reverse. When he enters a room a sensitive person would at once feel depressed and at the same time would observe his shuffling, uneasy manner.

If Mr. A. would study his own character he would find that he is conceited wholly without cause. He should neither overrate nor undervalue himself. Forgetfulness of self would be a

good rule for him to follow. If he would forget himself for five minutes in the day, for that space of time he would have a natural and attractive manner.

No matter to what heights he might ever attain he will find that some ambitious person has mounted higher. When he has learned to rejoice in the success of others he will have added much to his own power of success.

I might say that right here, in a nutshell, lies the whole sum and substance of greatness, of power, of magnetism, of soul development and the key to helpful and loving thoughts from others.

REJOICE IN THE SUCCESS OF OTHERS.

Every human being, no matter how poor, ignorant or degraded, has some degree of success in some direction of which he is more or less proud. To search out and commend him for that success is to help him to still greater success and at the same time win for yourself his gratitude and esteem.

Don't look for the failure, weakness and badness in others, except when seeking to guard or protect yourself. If you accidentally discover the weakness and failures of another, guard it as you would your own and never, under any circumstances, allow yourself to speak of or betray it.

Look for some success of his, some strong point, and praise it, rejoice in it and help him to increase it. Your own development will increase in proportion to what you grant to and wish for others.

Why should the conceited man suspect those with whom he is daily brought in contact? Most of them are so engrossed in their own affairs that they have not given him a thought. Let him divest himself of suspicion, and make his mind receptive to any good thought of theirs, and it will be directed his way. The world is not against Mr. A. as he has imagined. As long as he continues to hold his present attitude it is not strictly for him. He has not made it think of him at all. When he has earned it he will have its recognition.

Now, Mr. A. must go deliberately at work to cultivate a new and better line of thought, to eliminate or control the desire for personal aggrandizement and cease to expect or in the least desire compliments. He will overcome his weakness faster if he will practice the breathing exercises given in this lesson with the resolve to make the best of everything. Then, with a cheerful

countenance, a simple, direct and unaffected manner he will gradually lose his self-consciousness, grow in healthfulness, will be sought for his helpfulness and will be popular because he deserves to be.

CHAPTER XXXI

MAGNETIC BREATHING

The breathing exercise which I gave you in your last lesson, by giving you breath control, will lead to the mastery of your whole body. As it was before, you did not think of your process of breathing but just knew that, as your heart beats regularly without your having to wind it up, your lungs exhale the air and fresh air rushes in automatically.

Do not depend altogether upon involuntary action; learn to control the action of your lungs. They are intimately connected with the emotions, and, by means of proper breathing, wonderful vistas of thought control will open up before you. Do not be an automaton in anything; that is, a self-moving machine having its motive power within itself. There are forces in the universe which you can appropriate to yourself by your power of volition or will and make them active for your interests.

As you breathe you are taking force into your system. Your lungs are strengthened, your brain is cleared and your blood is reddened. Breathing in the right manner, with no discomfort whatever, ought, therefore, to be a distinct enjoyment instead of an uncared-for necessity.

This control is going to make you feel your power to which it will constantly contribute. It is an elixir to the brain and your eyes will show its activity and strength.

You wish to have health, and whatever good thing you wish for you have a right to expect. But do not make the mistake of thinking that you have nothing to do but wish. Everything that is enjoyed is earned. Nothing desirable was ever obtained without work and sacrifice in the world of honor and self-respect. The things that come easily go easily. The blessings which we have obtained by honest effort stay with us. The stronger your demands upon the universal good the more earnest and persistent

must be your work. Sooner or later you will gently, and of your own power, have come into your own—you will have earned it.

So continue your breathing exercise, gradually lengthening your breaths, and do not cause any strain. Your object is to learn to breathe deeply, without any effort, so, of course, you must begin slowly in order to breathe easily.

The best way to take this or other magnetic exercise is on the insulated platform. Use it wherever and whenever you possibly can. Now, when you inhale longer, hold your breath longer and exhale more slowly, count several seconds more and in inhaling think the pronoun I, and in exhaling the verb am, which, of course, is the same as saying, I exist.

Only think these words at first and say them just under your breath. After a while you will speak them aloud as you exhale, without effort, and you will think much more than you are saying. You are, you exist, you live. How simple seemed the thought at first, but how other thoughts come thronging to you with its utterance. Does it not dawn upon your mind that you are here for a purpose, and can yourself originate new purposes and execute them?

The declaration which you have made refers specifically to the present, but think what lies behind it. You are heir to all the good that has preceded the age in which you live, to all of the wisdom that has been gathered from experience. You have abundance of the best materials at hand. What will you do with them?

As you gain in breathing power you will find that you are gaining in thought and resolution. In about three weeks increase your counting to twenty. Holding the breath for a few seconds is more beneficial than simply inhaling and exhaling. At the end of three weeks follow the regular exercise with this one:

Inhale slowly till you count twenty; using the diaphragm, count, not too rapidly, thirty, aloud, while you exhale the breath. In three days count thirty-five on exhaling, and in three days more count forty. Do not increase too rapidly and if your breath gives out before forty counts, do not take more breath, but stop instantly. In four weeks count fifty and after a while you can go as high as sixty; but, as I have said before, do not over-exert yourself. There should be no strain or discomfort.

I told you in the last lesson to feel the nerve currents. The large main nerve is in the spinal column, you know, but can you sense the nerve force? It extends through your entire body so that the least sensation induced by touch is carried to the brain.

All matter is reflected in the mind through sensation. You could not know anything of the great world around you were it not for the nerves. You could not see were it not for the optic nerve, nor have any sense of smell but for the olfactories. The five senses feed the brain through the nerve force.

If the mind is not clear something is wrong with the nerves, for the brain is the seat of the mind and the spinal cord is composed of gray matter like that of the brain. Do you know any clear-headed, successful people who are very nervous?

Nervousness is a sure indication of weakness and ill health. Health includes strong nerves, and where they are the mind is strong and active.

If you sense things but dully it is because you have not cultivated your senses. You have not learned anything of the nerve power which should be under your control. If you walk a great deal you bring many muscles into play and they are accordingly developed. If you do not use all of your muscles some of them will lack development. Many persons have lost the sight of one eye because they formed the habit of compelling the other eye to do all of the work. They did this unconsciously, and thousands of people are working irreparable injury upon themselves every day in the same way.

The nerve power, like the breathing power, was given you for a great purpose, and by concentrating your thoughts upon it you will greatly increase your sensitiveness so that you will feel the nerve currents as they pass along intricate lines which they must follow to do your bidding. Perhaps you begin to realize something of what control of this force will mean. It can be acted upon for health with a directness that cannot fail to insure it. Whatever your highest interests prompt you to demand, first practice the breathing exercises given you, and follow them immediately with concentration of thought upon your strongest desire and you will feel the nerve force acting in obedience to your thoughts. Gradually it will set in motion thought waves that will be conveyed to others as anxious as yourself for improvement and success, and their wishes will be added to yours to bring you the fulfillment of your desires.

CHAPTER XXXII

MAGNETIC BREATHING—*Continued*

In many parts of these lessons I have been very daring, or at least that is what those people who call themselves "adepts" would call it. I have opened up and laid bare to my readers certain phenomena which have been held or cherished as profound secrets by teachers of things occult for many thousands of years. I am going to open up and give to my progressive students still greater phenomena and secrets that have been most jealously guarded for untold ages. Some of these secrets have been told in the Bible, but in a manner which would enable only the most profound student to ever discover them.

I have not pointed out the chapters in which the greatest and most valuable secrets have been told, but have given you plain instructions just how to practice and receive all the advantages that can possibly be gained by the specific knowledge. The true student will gain all the advantage that is to be gained and will know from positive soul knowledge just what the meaning is, while the careless, thoughtless or dishonest student will be unable to use these secrets for dishonorable purposes.

If the student will turn with me to the Bible and read of the creation of man he will find that God "*breathed into* his nostrils the breath of life and man became a living soul." Study the the verse, ponder it, think of it for twenty-four hours before you read any more in this lesson.

In one of the previous lessons I told you to sense the nerve currents and repeat the pronoun "I," while inhaling and the verb "am" while exhaling. In view of what I shall teach you in this lesson you may think the previous lessons contradictory, but the the more profound and logical student will readily reconcile the two.

"Breathed into."

It is the air or breath that is breathed into you that gives you life. There is in that which is exhaled a poisonous gas, which, if taken in sufficient quantity, would cause death instead of life.

In many of the older philosophies it was taught that the breath was the life or that the air was spirit. Certain it is that the life of each individual, in fact, of every living thing that exists upon

the face of the earth, is dependent upon the air, the breath which it breathes in.

Shut air away from a tree and how quickly its leaves will fall and life forsake its body.

That breath or stream of air which we breathe into our nostrils is the broad river upon which there may be carried into our lives the most valuable of our earthly possessions, and that used-up air or poisonous gas which is exhaled may be made the conveyance which will carry away many undesirable habits or conditions.

In one of the earlier lessons I told you how to concentrate your physical power upon success. I will now tell you how to combine the physical and psychical, or soul force, into a method of securing the attainment of your desires, a system, which, when practiced strictly in accordance with the rules which have from time to time been laid down in these lessons, becomes almost invincible.

Nothing but the will or power of the student who has been more thorough than you and whose energies are used to counteract yours will cause you to fail to accomplish legitimate results.

Turn to Chapter XV and review it carefully. Affirm your desires with each incoming breath.

Turn your thoughts entirely away from your desires or upon the undesirable conditions which surround you, with each exhalation.

To illustrate, I knew a man of great natural magnetism whom I believed to be honest and who was struggling hard with what he considered adverse fates, but was, in reality a lack of concentration and proper direction of his forces. I decided to help him. His health was not good, so his first desire was for health; his second desire for success. The things which he wished to avoid, or get rid of, were sickness and failure.

He came to me for advice and, knowing his honesty, I said, "Will you promise to do just as I tell you for one month and ask no questions as to the why and wherefore?"

He promised and I said, "Every morning as you go to your work take long, full breaths and direct your attention to your body for five minutes. Hold your head up as high as you can get it, carry your chest out like a drum major and walk as if you own the earth, are monarch of all you survey, and that success and health are your permanent possessions. After five minutes of this, begin with each inhalation of breath to repeat

the words, 'Health, success, health, success, health, success.' Say it slowly, firmly, believingly, and keep saying it as long as you take in the breath. As soon as the exhalation begins take the mind instantly from 'health and success' and say 'sickness and failure depart.' Repeat this over and over in a firm and commanding manner, fixing the attention upon the words and their meanings.

Keep up this exercise for at least ten minutes every morning while on your way to work; at noon, on your way home to dinner, repeat it again. After the noon-day meal continue the practice. Go over it again on your way from your work in the evening and at night after you have retired to bed do not forget to take this exercise.

He did it. That was several years ago and he is still following up the hint which I gave and has made himself familiar with every chapter of this work, having been an eager student from the first lesson. Today there are few business men around him who command greater respect. He is not only successful in a financial way but is the picture of health and happiness.

Will you utilize the two-fold power of which I have told you? Help yourself, help others, be happy, be healthy, be prosperous, be magnetic, breathe in the good; let the bad go out with the bad and dead breath.

CHAPTER XXXIII

MAGNETIC FIRE

When you, as a student of dynamic magnetism, begin a new chapter or undertake a new lesson, especially such a lesson as the present one, you should approach the work with thoughtful earnestness. This is one of the works of your life. When you went to school for the first time it was an event of such importance that it probably impressed itself upon you for all time. Others were also deeply interested and it is more than likely that a loving mother or father sought divine guidance for the little one who was starting out to learn of the things which men consider necessary in life.

A number of years were probably spent by you in school; as your body grew the mind developed, whether in school or out.

In the course of time the body stops growing, but you and I, and the world at large as well, have little use for the mind that stops growing simply because the body has reached maturity.

You have, during the last twelve months, made great strides toward a better, grander, broader and bigger life than you have heretofore known. I am speaking now to the student who has diligently observed the instructions given in the previous lessons. Those who have merely read the lessons have been benefited to a certain extent, but they do not know of the inexhaustible riches which they are letting slip by unheeded.

To you, my student who has practiced, I will open a wonderful door, but let not the inefficient and unpracticed one dare to enter. This exercise and experiment must not be attempted except by those who feel within their own consciousness that their practice has been honest and faithful and that their progress has been sufficient to justify this important exercise.

Sit upon the insulated platform, erect. Practice five minutes the deep breathing exercise and then make the body tense; select a spot on the wall some eight or ten feet away on a level with the eyes and look steadily at it.

By an act of the magnetic will, which you have developed, cause the tension of your body to be extended to the brain and thence through your eyes. Relax and look away from the spot; rest sixty seconds. Again look at the spot first selected and repeat the tension of the muscles and brain.

Now, by an act of the will, the spot upon the wall becomes, according to the quality of your magnetism, a small red ball or a faint white light. If it is a red ball, as of fire, you can, by an act of your will, cause it to revolve as if on a pivot, first to the right, then to the left; continue sixty seconds, thirty seconds in each direction.

Rest sixty seconds.

Repeat the experiment with the eyes closed. The red ball will appear much larger and will whirl quite readily, leaving a trail as of sparks of fire. Perhaps the most practical idea I could give you of the appearance of this ball of fire is to suggest that you go to some large manufacturing plant and ask to be allowed to see a piece of hard steel ground on an emery wheel; then imagine the sparks flying from the entire rim of the wheel in the same manner that you see them flying from the point of contact with the steel and you can form a very correct idea of the amount of

dynamic energy which you are now able to concentrate in a single point by an act of your will.

None of these exercises should be extended beyond one hundred and twenty seconds without a rest of at least sixty seconds.

Repeat all of these exercises daily for ten days and you will begin to note a change in the color of the revolving ball or wheel of fire. It is becoming less red and less firey and the less thoughtful student might become alarmed and think he was losing his power; such, however, is far from the case the white steady glow which now appears shows that the very soul itself is entering into this mighty work and that you are developing the most powerful currents of magnetism that man has yet been able to produce.

If the experiment is now conducted in an absolutely dark room, the white glow of dynamic magnetism will grow until in some cases the entire room will become luminous and objects can be seen in the pale white light.

If the atmospheric conditions are perfect the body will now be so charged with dynamic magnetism that sparks will fly from the fingers and the hair will stand out from the head.

There is health and strength in abundance and those who are so fortunate as to come into the presence of the student who has been able to so charge the body will partake of the health and strength to a remarkable degree, although the power, like that of radium, will not thereby be diminished.

We are now about to tread upon dangerous ground and I have hesitated a great deal about making the next experiments a part of this work.

It was at first intended that what now follows should be reserved for a private pamphlet and be furnished only to those who could demonstrate beyond question that they had graduated from all of the preceding lessons and could safely be intrusted with greater phenomena.

Let me ask you, dear student, have you ever experienced the delirium of fever when objects appeared before your vision in many thousand sizes larger than when in a normal state of health? When your arms and hands looked and felt as large as a man's body, when the threads on the sheets looked as large as a snake and all things were unnaturally magnified, and you could see things in the air, the previous existence of which you were not aware? When the soul would seem to leave the body and look back at it without concern?

Well, you can have similar experiences now, without fever and with full control of all your faculties, if you are prepared by having attained a reasonable state of perfection in the acquisition of dynamic magnetism. You will have within yourself the X-ray power and may view things impossible to other eyes. A new world is about to be opened to the successful student. I positively warn all others and forbid them practicing the experiment which will be described in the next chapter.

The student who is ready may enter with confidence and run no risk in conducting through it others who are students and deeply and earnestly interested. He must not, however, allow the experiment to be conducted publicly or for amusement.

I was once present at a semi-public experiment of this kind when a mixed and unprepared class were allowed in the room.

Two of the young ladies, one of whom was a prominent schoolteacher and another a public lecturer and entertainer, became hysterical and had to be taken from the room. A young man lost control of himself and was rapidly losing consciousness when a successful and positive student took hold of him and stopped the experiment.

I shall take it for granted that those who have become interested in this study are not only honest, but have a proper degree of caution and common sense. Therefore, I will teach you the way of a most marvelous experiment which will not only open up a new world to you but teach you to more fully appreciate the things in the world with which you are already familiar.

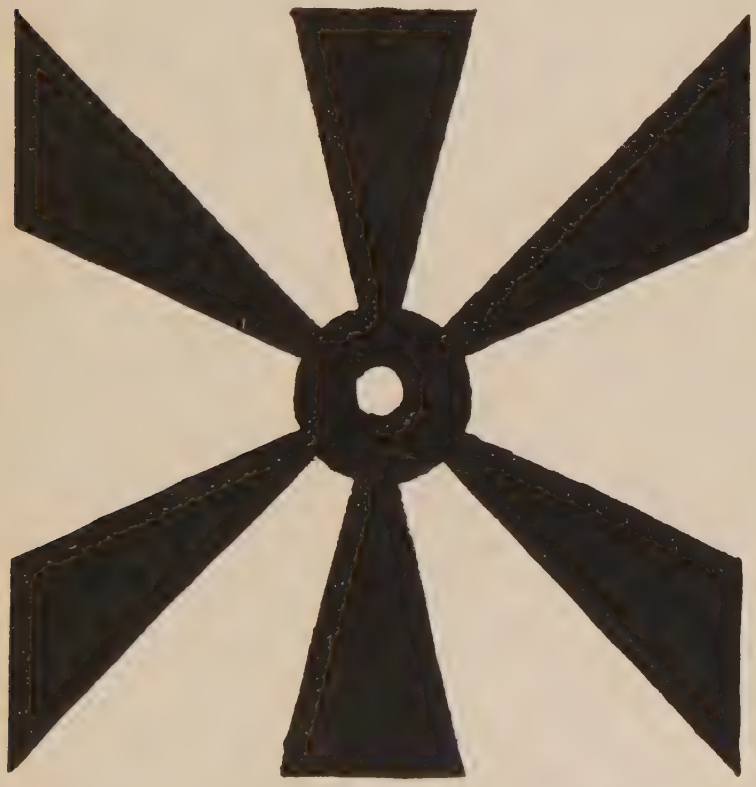
CHAPTER XXXIV

A MARVELOUS EXPERIMENT

It is said that intense reactive brooding over either real or imaginary griefs or wrongs will either drive a person crazy or develop a clairvoyant. It is a dangerous thing to do and all persons should avoid the habit of brooding. Clairvoyancy or clear sight, that is, ability to see and know of things at a distance and not by means of any of the five senses, is sometimes produced also by hypnotic experiment. This also, in the ordinary acceptation of the term, I advise you to avoid.

Through the power of dynamic magnetism you can accomplish all and more than the most skilful hypnotist without injury to yourself or others. Meantime you have not only retained all of your own faculties but have developed them, as well as benefiting instead of injuring those you control.

The experiment of this lesson will enable the successful student to utilize the powers of the clairvoyant, but, unlike that person,



he can retain his faculties or utilize the knowledge gained for his own benefit.

According to the old system or method, the clairvoyant would go into a trance in which state she would relate to her hearers the things which she could see or sense. There are many true clairvoyants, but, as a rule, they are not advertised and are not of the sort who go into a trance for the benefit of every caller who will pay fifty cents or a dollar for the information to be gained.

The true trance or hypnotic clairvoyant is unconscious of her surroundings and retains no memory of what she sees or relates. She must tell others and allow them to reap the benefit.

Those who develop a clear sight under the control of dynamic magnetism not only retain full consciousness but can retain and utilize, instead of giving to others for a paltry sum, the advantages to be gained.

Use the above illustration for a pattern and make a larger one. The measurement of your diagram should be twelve inches from top to bottom and it should be drawn in the center of a white cardboard or drawing paper that is at least two feet square.

Go to your practice room and fasten this upon the wall so that the central white spot will rest on a level with your eyes when you are sitting from six to ten feet away upon the insulated platform. Two lamps of good power should be so placed that their light will shine upon the diagram but not in your eyes. On each side of you on the platform, a little in front and with good reflectors, will be a good arrangement. First practice the solar plexus exercise for fifteen minutes, then sit erect in the chair upon the platform and gaze steadily at the center of the diagram for seven minutes.

Turn out one lamp and again gaze steadily for seven minutes. Turn the second light down, or dim it as near to one half as you can judge, and continue for seven minutes.

Again turn the light down, or dim it yet another half, and continue to gaze another seven minutes.

You may now turn the light entirely out but, strange as it may seem, you can still continue to gaze through the inky blackness of the night and plainly see the diagram and, too, a great wonder appears—you see beyond the diagram through the walls. Space and material things have lost their former meaning to you. Clear sight is now yours, but in a limited form as yet.

You must now continue for only another seven minutes and then cease the experiment for seven days.

Prepare for the next sitting by making a simpler diagram although much larger. A piece of light blue cloth, sky blue, or, if you are so situated that you can now command the things that you want, a smooth plastered wall eight feet square, painted sky blue color, while exactly in its center is painted a golden yellow sun or a five-pointed star twenty-four inches in diameter.

Repeat the previous experiment, looking at the sun or star instead of the smaller diagram.

The sight is clearer and perhaps one student in five hundred will have attained clear sight or physical X-ray. Those who have not succeeded the first time need not despair, as it is usually necessary to alternate the two experiments seven times each, exactly in accordance with the rules laid down, with seven days of practice of the previous lessons between each experiment. That is, the first experiment is again to be made in seven days and in another seven days the second experiment, thus alternating seven times each.

Students are earnestly requested to send reports of this lesson from time to time, enclosing at least ten cents in postage, if an answer is required.

CHAPTER XXXV

MAGNETIC MIND AND HAPPINESS

The mind is the great controlling force of the body and of every other material thing when it is properly directed. Since at every turn it must come in contact with other forces it should be prepared to meet them. It cannot overcome things stronger than itself, but only needs proper direction and reinforcement to at all times command the situation. It is true that concentration of all your forces will many times be required to successfully combat the opposition that will confront you.

What constitutes all your strength? Your reason? Your health? Materials that you can command? All of these are yours and the psychic force, which is the highest of all forces, is also yours. Put them altogether and whatever you desire in the universe belongs to you.

Suppose that one had a great deal of muscle to work with and yet had a dreadful pain in his side. He could not endure any work. He would have no power whatever. The point is, it takes your concentrated strength to accomplish valuable things. It takes the body, the mind and the soul unified and in perfect harmony.

Is there anything that you specially desire? If there is, and you will concentrate your forces and bring them to bear on the object of your desire, it will come to you. I have told you how.

Everything we have any knowledge of, except pure abstract qualities, is constantly undergoing change, so that in the course of time everything is completely changed and new. Every thought and every motion produces change somewhere.

Are you willing to allow such changes to take place as will result in your lasting benefit? You realize that the mind is infinitely above physical things and far stronger than these. You, therefore, have them at your disposal and can change them as you wish.

You have often heard the question: "Can you think about nothing for ten seconds?" Test your mind and see if this is possible in your present state. It is not to be expected that you can, but after concentrating on it many times you will be able to do so.

It is the disciplined mind that can become a blank at will. This power is used for sleep and renewal of strength by those who can command it. Gladstone, the greatest of parliamentarians, used frequently to recuperate his mental forces by falling into sound, refreshing sleep at will, though only for a few minutes.

The most desirable thing in the world is happiness. Its pursuit is generally conceded to be the chief blessing resulting from liberty. Our forefathers dared the dangers of the ocean in frail crafts and the hardships of New England winter that they might be free to pursue happiness. Opinions differ as to the best road to its attainment, but the possession of everything which you most desire would surely mean happiness for you.

Why do you wish for anything in the world if not to make you happy? If it would not do that, according to your best judgment, dismiss it from your mind at once. It cannot be in the line of right thinking, so that to harbor thoughts of it is to work possible injury to yourself or others.

There are those who believe that wealth would mean perfect happiness for them, and some have concentrated all their powers on it and having achieved it have looked around wearily for something else. Instead of happiness it brought many cares and a restlessness that would be unaccountable were it not that the soul is the ruling force of man, and it cannot be satisfied with material things alone.

But perhaps you say, "If I had wealth I would have leisure for meditation and retirement in the soul silence of which you have spoken, and I do not know of any material blessings that money would not purchase."

Properly expended wealth is a strong power for happiness, but how few are great enough to concentrate their mental and psychic forces upon its proper expenditure. By far the greater part of humanity would find less happiness in the sudden possession of wealth than in anything else.

I do not mean to discourage any one who really and truly believes that he could unify all of his forces in bringing it to him. For if he could do that it would be his and he would be strong enough in every way to use it to advantage. Nothing is permanent here that is visible. In our material natures we are constantly subject to the law of change. Wealth, being material, is transient. You have thought of it as something to keep; but you, yourself, are transient. Why not concentrate on something that is abiding?

Take my advice and make your aim happiness. After your breathing exercise concentrate fully on the thought that you impersonate happiness. Say to yourself with the incoming breath, "I am happiness." Think this over and over for at least ten minutes. Do not let another thought enter your mind during that time; shut out all others and give that length of time every day to the idea that you are happiness.

During the rest of the day, in the subconscious mind, that is, the undercurrent where every thought and every impression is buried and is permanent, there will be consciousness of the fact that you are happiness without any effort on your part. Soon you will not have to think about it. Perpetual happiness will be yours.

There are persons who, without design, have given up valuable time every day of their lives to unpleasant thoughts, and do you think it has not had marked results? They have in this way cherished enmities, deepened hatreds and stifled many good impulses. Such a system of thinking is sometimes called brooding and it sometimes ends in insanity; it is especially injurious to the health as well as to the prospects of success.

Now the good is much stronger than the evil, and happiness being the greatest possible good, half an hour's thought concentration on it each day, as I have directed, will bring returns equal to your highest possible expectations. It is sure to include everything desirable in your life.

CHAPTER XXXVI

MAGNETIC LOVE

Love is the all powerful, the impelling force throughout the universe. Wherever humanity is found there is love.

The greatest men and women of the world exhibited the greatest amount of love.

In the previous lessons the subject of love has not been discussed. I knew, however, that the motive back of your interest in this great work was love. Love is but little understood, although it is the one great theme of the great Book of Books and has throughout all the ages been the inspiration of painters and poets, authors and philosophers. It is the foundation of all religion as well as governments, communities and homes, and yet it is not understood nor appreciated.

There are great men and women who have lived unloved by those who came in daily contact with them, and yet their whole lives were devoted to some great work of love.

There are but few humans who do not at some time exhibit love. I pity the poor being who knows it not and whose soul is filled with envy, hate, malice and revenge.

I learned but recently of a man who had lived alone for the greater part of his life. He held no communion with his neighbors, if it could be avoided, and would do a favor for no one. Sickness finally came upon him and he realized that his end was near. There were relatives, who, notwithstanding his meanness, would have come and cared for him, but he would not let them; so great was his hatred of humanity that, fearing that some one would profit by his death, he converted most of his available property into paper money and burned it. He had a fine library, but this he burned with his house. The land he could not destroy, or he would probably have done so. The world pities such a man, some, it is true, will say harsh things of him, but so great is love that a feeling of pity must come to all who have suffered or felt love stirring the soul's inmost consciousness.

It is love that impels the mother to sit through the long hours of the night anxiously watching by the bedside of her wayward son, who has been wounded in a drunken street fight.

It is love that sends the old and broken-down laboring man, day by day, down into the bowels of the earth, there to labor long, weary hours in the dampness and darkness, knowing that death in its most horrible form is waiting for him at every blast of powder which loosens the coal.

It is love that sends the farmer, the merchant, the professional man daily to his toil. He must provide a home and comforts for his loved ones. Often he works himself to death in the grim determination to place those who are dependent upon him beyond the reach of want. Yes, he even goes farther, and in addition to struggling hard for the home and daily bread, makes still greater self-denial in order that he may insure his life and thus provide them with ready funds after his death.

Yes, I know it is true that love is often perverted and while it impels the young husband to begin accumulating for the use of himself and wife when they are old, they both sometimes lose sight of their original object and begin to hoard and save and deny themselves for the sake of the money.

This is not love, but lust; money as such and of itself is valueless. The richest people are those who love most and are most loved.

I presume that every reader of this chapter has heard the nursery rhyme, "Mary had a little lamb." "Well," says one, "what has that to do with dynamic magnetism?" I will tell you. I do not know who wrote it. I don't suppose that you do, but the author was full of love, and therefore magnetism, and hence able to write a simple rhyme that would gladden the hearts of little children for many generations. Love begets love, and this the author explains when answering the question of the amazed children, "What makes the lamb love Mary so?" "Why, Mary loves the lamb, you know."

If you love others you will be interested in their welfare. If interested, don't be afraid to show it. Let your love find expression in good words, good works and helpful things. Love your enemies and do good to those who despitefully use you is urged upon the followers of the great, the lowly Nazarene, the most powerfully magnetic individual that the world has ever known.

My students, have you ever known the joy of secretly doing good to your enemy or to some one who has despitefully used you? I have taught you how to become magnetic, how to become popular, how to become great. I have placed within these pages

lessons of untold value to humanity and I wonder now if my work has been in vain for you. Are you great enough now to say in your heart, "I forgive," and mean it? If you had the opportunity right now to secretly wrong or benefit your enemy, what would you do? I think I can safely say for you that you have now developed enough magnetism, love and greatness to do the good act.

Why?

My dear student, this work of mine, which I really believe is the greatest I have yet accomplished, has been a work of love. I love my work and I love my students, and I have infused that love into you through these lessons.

Many people have marveled at the great hold which the Home Health Club has upon the people. Why do people write to Dr. Reeder and tell him their cherished secrets? Why do they love to tell others of him and his work? Why do they love him? I will tell you why. Because every lecture and every letter that I write carries a message of love to some human being made in the image and likeness of his and my Creator.

It is hard for me to bring these lessons to a close. There are so many things which I would like to talk to you about, but the instructions for enabling you to accumulate and use dynamic magnetism are complete. In some future lessons I shall try to tell you of the creative power of the universe and the vast difference between love and lust; of the creative impulse and how it should be cherished and prized; of motherhood, which I consider next to Godhood; of fatherhood, the greatest honor that has been given to man.

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